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Perinatal OCD: It's More Common Than You Think

@boldbloomingcounseling

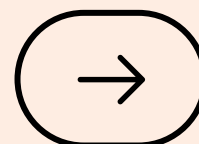
swipe to learn



What is Perinatal OCD?

Perinatal OCD is a subtype of Obsessive-Compulsive Disorder that occurs during pregnancy or the postpartum period.

It involves intrusive, unwanted thoughts (obsessions) and repetitive behaviors or mental rituals (compulsions), which are often centered around the baby.





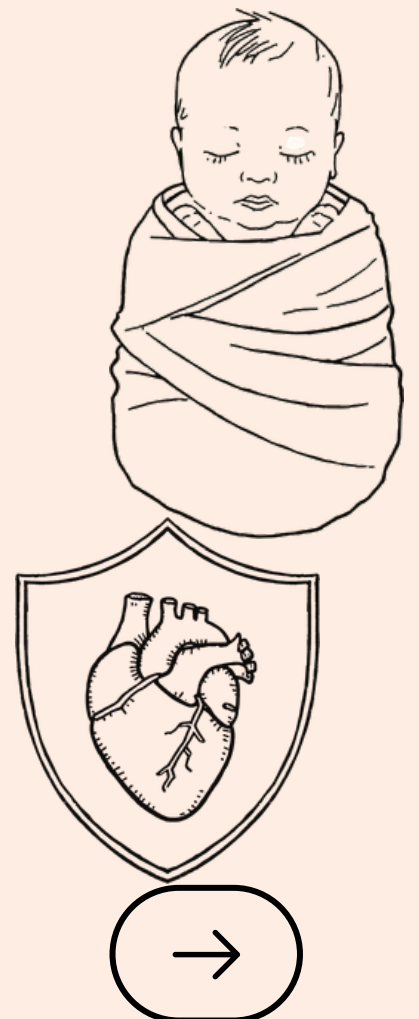
Common Signs

Intrusive thoughts like:

- “What if I accidentally hurt my baby?”
- “What if I lose control?”
- Disturbing mental images involving harm

Compulsions like:

- Avoiding being alone with the baby
- Excessive checking (breathing, safety, etc.)
- Reassurance seeking (“Am I a bad mom?”)
- Mental reviewing or “canceling out” thoughts





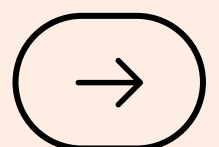
You Are Not Your Thoughts

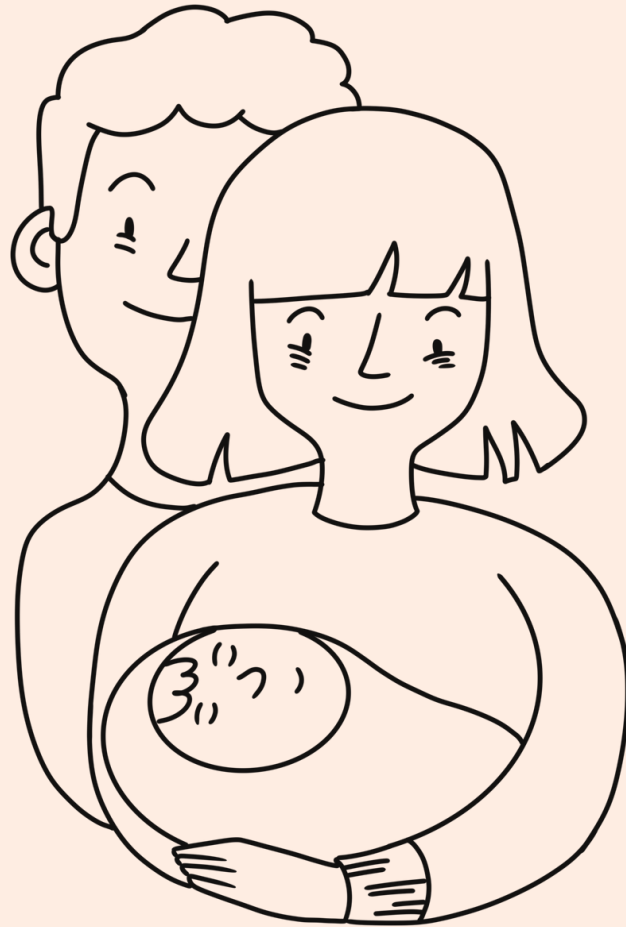
These thoughts are:

- Unwanted
- Distressing
- Opposite of your values (ego-dystonic)

That means they do NOT reflect intent.

In fact, they usually show how deeply you care.

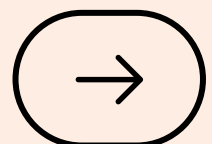




Treatment Options

Perinatal OCD is very treatable, especially with:

- ERP (Exposure & Response Prevention)
- Sometimes medication (when appropriate)
- Support from a therapist trained in OCD + perinatal mental health





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You're not alone.

Contact Us Today for
Information &
Treatment

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