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Forms from Chapter 6. Found in chapter 6, the Obsessive Concerns Checklist is a self-administered survey of all the obsessive categories we could think of. Its purpose is to identify your obsessions. If you are a sufferer, you know what you main obsessions are, but we often find that sufferers

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Freedom from Obsessive Compulsive Disorder. Nearly six million Americans suffer from the symptoms of obsessive-compulsive disorder, which can manifest itself in many ways: paralyzing fear of contamination; unmanageable "checking" rituals; excessive concern with order, symmetry, and counting; and others.

Sometimes what appears to be suicidal ideation is actually a form of Obsessive Compulsive Disorder. There are a number

of factors differentiating suicidal thoughts and suicidal obsessions, yet given the high degree of overlap, determining the scope of the problem for each individual requires a comprehensive evaluation and regular follow-up.

OCD affects 1 in 50 people. Experts estimate that less than 10% of those suffering receive any treatment at all. Additionally, half of those living with obsessive-compulsive disorder are misdiagnosed with a different condition. Bridging this gap begins with education - and the education this series provides is right from a world-renowned OCD ...

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About | Freedom from Obsessive Compulsive Disorder

This site is intended to help fellow OCD sufferers conquer the obsessive compulsive cycle which keeps them trapped in a stream of unwanted thoughts and unpleasant emotions. Authored by a former OCD sufferer, this site documents the various "genres" of OCD, how they manifest, and what sufferers can do to control the condition. This site [...]

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Freedom from Obsessive-Compulsive Disorder provides Dr. Jonathan Grayson's revolutionary and compassionate program for finally breaking the cycle of overwhelming fear and endless rituals, including: Self-assessment tests that guide readers in identifying their specific type of OCD and help track their progress in treatment

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