

# WHAT IS OCD?

1. wash hands
2. wash face
3. wash behind ears
4. dry hands
5. dry face and ears
6. wash hands
7. wash wrists
8. dry hands and wrists

i must do it all in that order or i might miss some germs

then i might get sick

and i might cause my family to get sick

and maybe i would cause a world wide epidemic

...where was i up to?

better start again

1. wash hands and face



OBSESSIVE THOUGHT → COMPULSIVE ACTION

OCD + ANXIETY DISORDERS WEEK

13-19 August 2017