

# THE OCD FUNBOOK

**REALLY?**

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**Jimmy Huston**

**IMPORTANT!** Rip this orderly and structured page out of the book. Tear it into little different-sized pieces. (Don't worry. This is *your* book.)

Throw the pieces away in lots of different places.

Doesn't that feel good? That's part of the fun!



## Dedicated to Detective Adrian Monk

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*By the way, did you check to see what was on the other side of the page you threw away?  
It doesn't matter. It was just a dumb page out of a silly book. It wasn't important.*

*This page is totally unnecessary, too. Please tear it out and throw it away.*

Don't be alarmed...

...but OCD can have harmful affects on people.

Don't be alarmed...

...but don't fail to act.

OCD can be serious.

Don't be afraid to ask for help.



*There is no need for a totally blank page. Tear it out. Throw it away.*



## Introduction

Okay, this is serious. Don't tear this page out (yet).

OCD stands for Obsessive Compulsive Disorder.

It's right there in the name. Obsessive. Compulsive. Disorder. Three bad words.

For many people life with OCD is a strain, but there's a lighter side, too, and these behaviors can seem funny at times. People with OCD usually have insight into their issues and are aware of their quirks and foibles.

To be sure, OCD is not fun, but that doesn't mean that you can't have fun. That's what this book is for. You can laugh at OCD so you don't take everything too seriously. Life is good.

You can be happy.

*Tear this page out, too.*

*Go ahead. Tear it out (after you read it).*

*Already read it? Then tear it out and rip it along the dotted line into four pieces.*

*Throw them away.*

You may already think you have a problem. That's probably why you're reading this book. And, the people around you may either know or suspect something is going on with you. If someone gave you this book, that's a sign. You should pay attention, and maybe even thank them.

Let's start with the bad news. Sometimes these OCD thoughts and actions can lead to serious problems. That's why it's a good idea to learn about this before it gets worse.

Now the good news. There is help.

If you're having thoughts that create problems for you, thoughts that come at you over and over again, these may be what are called "obsessions." They aren't thoughts that you want to have, and they can be relentless. The types of thoughts can vary from one person to the next, but there are some that are common. Do you worry about germs and feel you need to wash your hands frequently? Do you worry that you've forgotten something important, like locking the door or turning off the stove?

Do you give in to those thoughts? If you obey those mental demands and act on them, those actions are called "compulsions." In a way, they are out of your control. They are not things that you would want to do — without the constant bombardment of obsessive thoughts.

So, it is logical to assume that if some of your thoughts make you need to do these unpleasant things, you should be able to conquer these bad thoughts with good thoughts. That's true, but it's harder than it sounds.

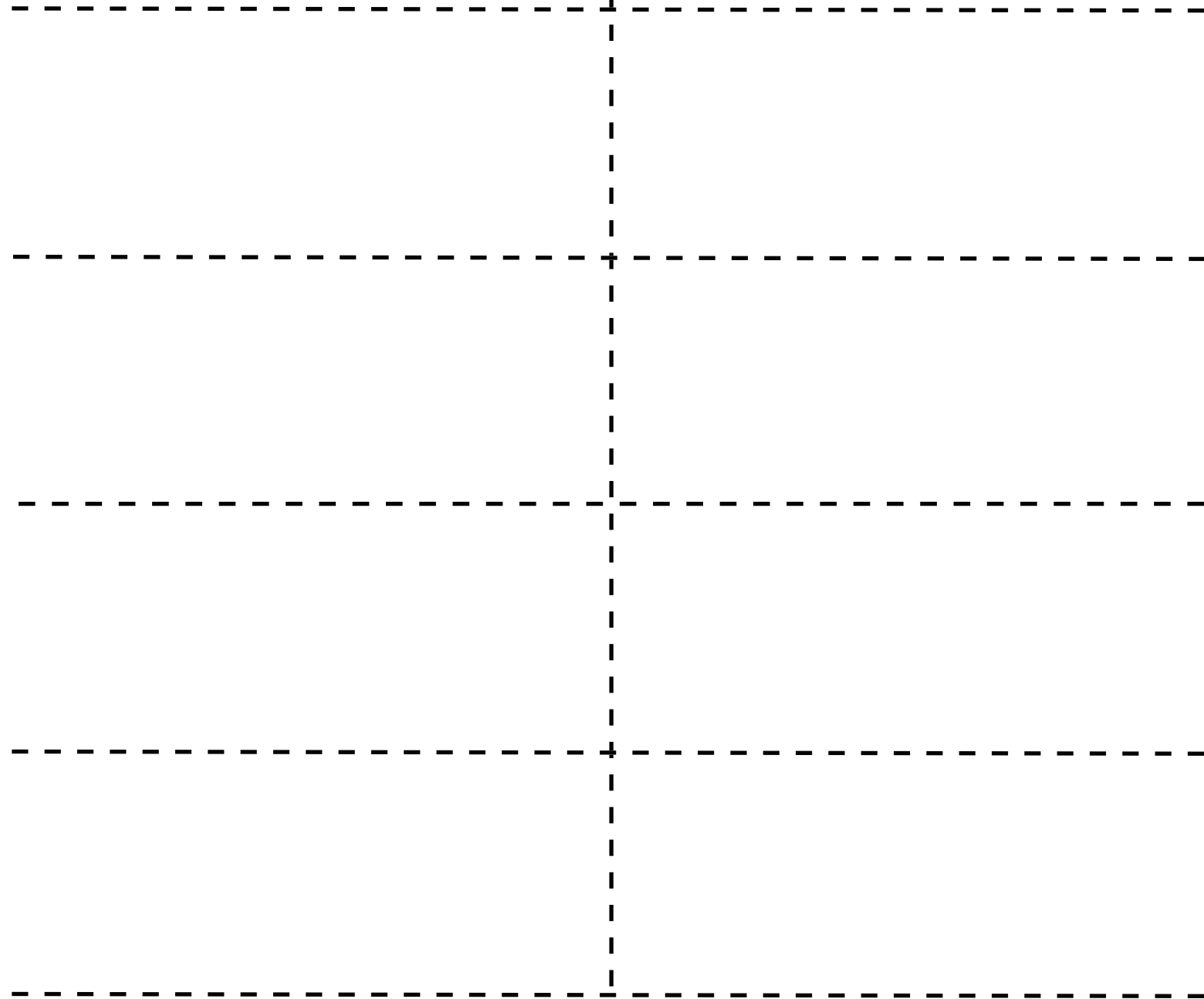
If it was that simple, this problem wouldn't exist. Everybody with OCD wishes they didn't have it. If trying to outthink OCD thoughts was enough, you could beat it yourself. But it's harder than that.

It's great to try. Fight OCD. Work at it.

But, the best thing you can do is get some professional help.



Now you can tear this page out. Get rid of it, like you'd get rid of OCD, in a dozen pieces.



Obsessive Compulsive Disorder (sometimes called OCD) is just what it sounds like. People become obsessed with something that creates a desire for compulsive actions.

1. If you're thinking about the same thing over and over and can't stop, that's being **OBSESSIVE**. You may want to stop thinking about it, but you can't. The obsessive parts are the thoughts that keep barging in on you — thoughts that your hands are dirty or you are covered in germs. Perhaps you like to stack everything neatly. Maybe you have angry thoughts about people around you. An "obsession" might be as simple as counting something — over and over and over.
2. The **COMPULSIVE** part is the need to act on these obsessive thoughts. Maybe you wash your hands over and over. Maybe you start arguments or fights. Maybe you repeatedly check to see if the door is locked. Maybe you insist on having everything in an orderly manner, just the way you like it.
3. The **DISORDER** part just makes everything seem worse. **DISORDER** should be downgraded to **DISTRACTION**. If you have OCD, try to only think of it as Obsessive Compulsive Distraction. Don't you feel better already?

Now turn the page.

*Did you turn the page? Are you sure? Did you go back and check? How many times?*


*Maybe you should tear this page out, too, — before things get confusing. Tear it into 24 different pieces. Then hide each one in a different place.*

*Yes, you're going to tear this page out, too, but not yet. Read it first.*



If you're thinking about the same thing over and over and can't stop, that's being obsessive. You may want to stop thinking about it, but you can't.

Sound familiar? Did you turn the page? Are you sure?

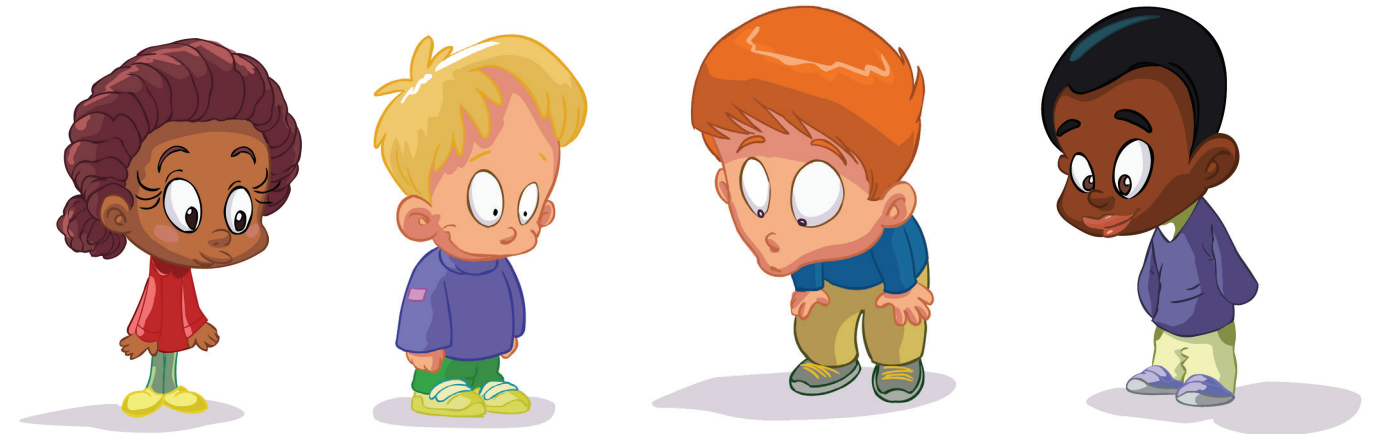
Okay. Enough of that. This is life with OCD, that we're now calling Obsessive Compulsive Disorder. It's very repetitive, very repetitive, very repetitive. And frustrating, frustrating, frustrating.

You'd like to skip ahead to the next page, or the next chapter, or the next book, but you can't. You're not exactly in control of yourself.

The obsessive parts are the thoughts that keep barging in on you — like insisting that things be in pairs, creating rituals for activities, or worrying about contamination or disease. It could be thoughts of guilt. Or panic.



*This is an OCD test. If you have it, you know what to do.*



## Who Gets OCD?

Anyone can have OCD symptoms, but that may not mean full blown OCD is present. You've probably seen people who occasionally do some seemingly OCD things, but not to a harmful degree. They just have OCD behaviors.

OCD can be chronic, and it can be genetic, so if your parents have OCD there is a slightly greater chance that you may inherit it. On the other hand, your parents may be a good example, showing you that you can live with OCD and have a good, normal life. (OCD is not contagious.)

About one percent of people experience OCD, and about half of those are considered severe.

Stress can make OCD worse. Sometimes trauma seems to trigger OCD.

You are not crazy or delusional. OCD is real.



*Yep. Tear it out. Throw it away.*



## This book is officially certified to be OCD compatible.

It is completely germ free. All pages have exactly two sides. It is very stackable and can be touched repeatedly. The pages are numbered correctly and can be counted and recounted endlessly. The book is tic-tolerant and blink-friendly. All words can be separated and put in proper alphabetical order. Highly symmetrical in many respects, it can be cleaned routinely. It is especially hoardable and highly compatible with all ritual behaviors.

**WARNING:** Just to be safe, copies of book should be bought in even numbers (or multiples of even numbers) and carefully stacked in pairs.