

WHO DOES OCD SAY YOU COULD BE?

I could be the kind of person that ignores evidence and makes irresponsible decisions.

I could be the type of person that harms others.

I could be a person that purposely goes against her faith.

I could be the type of person that has no values and is a “bad” person.

I could be the kind of person that ignores health problems and puts my life at risk.

OCD often convinces us of who we “could” be. This often contradicts who we actually are, our values, and how we present ourselves on a daily basis.