



# Fred's Ingredients of OCD



Saying "I love you" to dad.



What if I didn't say it loudly enough?



Then dad won't know I love him and something bad could happen to him.



I caused something bad to happen to dad.



Say "I love you louder" and ask dad if he heard.





# Jessica's Ingredients of OCD



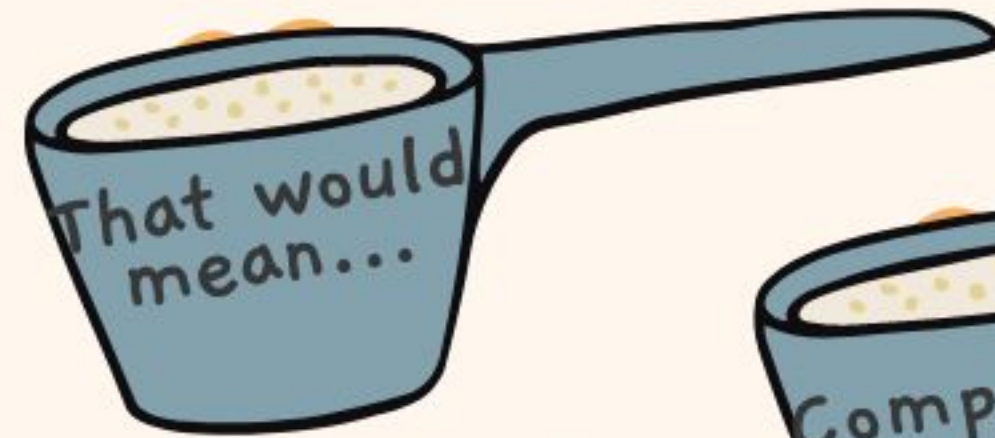
Throwing something in the trash.



What if I got germs on my hands?



Then I might get sick and throw up.



I would feel awful and not be able to do anything about it.

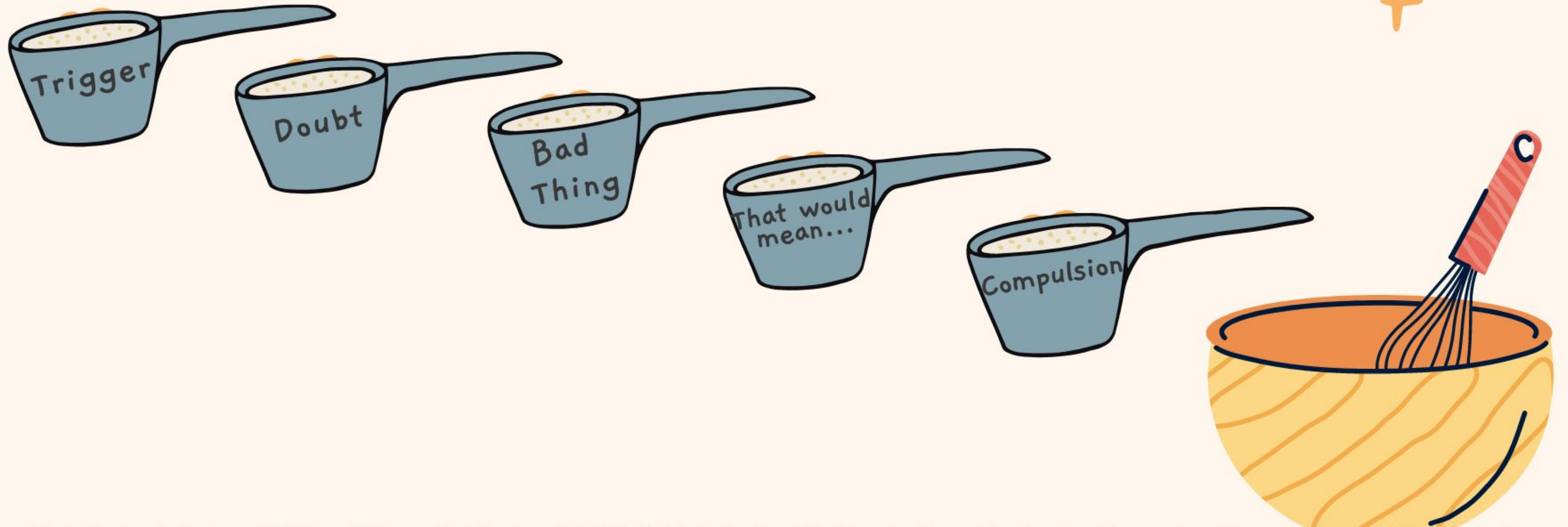


Wash hands for a long time. Open trashcan with paper towel next time.



YOUR  
TURN

# Ingredients of OCD



# Ingredients of OCD

