


Highlight 1.1

Key Learning Points

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- The principal components of OCD are obsessions and compulsions.
 - Without the obsession, there is no compulsion to act.
 - Obsessions are relentless thoughts that may feel senseless or entirely realistic, yet they demand action to alleviate distress.
 - OCD adapts to personal fears, creating unique yet equally disruptive experiences for each individual.

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