

Table 1.5

Obsessions About Symmetry, Order and Arrangement

Worrying that calculations are done incorrectly, thinking handwriting is not good enough, stressing over the alignment of objects like papers, pens, books, or ornaments, worrying about finding the precise word or phrase to effectively convey thoughts or respond to others in conversations, presentations, or writing, concerns about not being able to articulate ideas clearly or express emotions accurately, fixating on the evenness or symmetry of sensory experiences, obsessing over maintaining symmetry in personal grooming, like ensuring haircuts are precisely balanced or clothes are symmetrically arranged, doubting the accuracy or completeness of memories, past actions, or the organization of information in one's mind, thinking one's food might not be prepared correctly unless done in a very specific way.

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