

Index

• A •

- abuse, 109
- acceptance
 - passive, 90
 - practicing, 144–145
 - self-acceptance, 92, 226
- accidents, children coping with, 70–71
- accomplices of OCD
 - compulsive slowness, 272–274
 - counting compulsions, 33, 267–269
 - doodling compulsion, 271–272
 - tapping and touching compulsion, 270–271
- acral canine lick, 44
- ADD (attention deficit disorders), 52, 242
- ADHD (attention deficit hyperactivity disorder), 292
- adobe structures, 331
- adult diapers, 222
- adult-onset OCD, 68, 72
- advertisements, 1–2
- affective balance, 140
- aggressive OCD, 33–34, 215
- alarms, false, 63
- Alzheimer's disease, 62
- American Psychologist*, 140
- American Society for Microbiology, 330
- amygdala, 62
- Anafranil (Colmipramine), 17, 182
- anatomy of the brain, 58–62
- Anderson, Sherwood (author), 11
- anger, managing, 301
- animal hoarding, 241
- antibacterial cleaning products, 13
- antibiotics, 13
- antidepressants. *See also* medication
 - MAO inhibitors, 182
 - serotonin increased with, 180
 - serotonin reuptake inhibitors (SSRIs), 17, 181–182
 - side effects of, 179–180
 - tricyclics, 182
- antipsychotic drugs, 285
- anxiety
 - breathing exercise for, 319
 - “checking the evidence” strategy for, 219
 - compulsions, reducing through, 28, 84
 - counting, reducing through, 268
 - medication for, 183
 - meditation triggering, 149–150
 - progressive muscle relaxation for, 277–279
 - role in skin-picking, 47
- Anxiety & Depression Workbook For Dummies* (Elliot and Smith), 226, 336
- anxiety cycle of OCD, 22–24
- anxiety disorders
 - children with, 292
 - cognitive therapy treating, 15
 - OCD versus, 22, 24
 - symptoms of, 51–52
- arguments, 90, 313–314
- arranging/seeking order, 229–230. *See also* Just So/Just Right OCD
- As Good as It Gets* (film), 103
- Asperger's Disorder, 293
- associates of OCD. *See also* related disorders of OCD
 - anxiety disorders, 51–52
 - attention deficit disorders (ADD), 52, 242
 - described, 39
 - mood disorders, 51
 - overview, 50
 - personality disorders, 52–53
 - substance abuse, 52, 109
- athletes, 9
- attention
 - ability to shift, 229
 - serotonin's role in, 59

attention deficit disorders (ADD), 52, 242
 attention deficit hyperactivity disorder (ADHD), 292
 attentional balance, 140
 attitudes of mindfulness, 142–148
 audio CDs, 102
 autism, 44, 293
 axons, 65
 Azrin, Nathan (psychologist), 275

• B •

baby, obsessive thoughts about, 215
 bacteria, 13
 bad luck, 256
 bad-luck symbols, 258, 265
 Bagley, Sharon (*The Mind and the Brain: Neuroplasticity and the Power of Mental Force*), 151
 basal ganglia, 61
 bathrooms, public, 330
 BDD (body dysmorphic disorder), 40–42, 47
 Beck, Aaron (father of cognitive therapy), 15
 bedtime routines of children, 68–69
 behavior disorders, children with, 292
 behavior modification, 16–17
The Behavior Therapist, 131
 Behavior Therapy (BT), 14. *See also* ERP (exposure and response prevention) therapy
 beliefs. *See also* distorted thinking; thinking styles of OCD
 about hoarding, questioning, 246–248
 believing the worst about yourself, 91–93
 change-blocking, 98–100
 cost/benefit analysis, 99
 superstitious, 80, 257
 bestiality, 216
 Beyette, Beverly (*Brain Lock*), 151, 335
 Binswanger's disease, 272
 bipolar disorder, 51, 177, 183
Bipolar Disorder For Dummies (Fink), 51
 bladder or bowel control, fear of losing, 216–217, 222–223

blasphemous thoughts, fear of, 14, 32
 Bodian, Stephan (*Meditation For Dummies*, 2nd Ed.), 322
 bodily functions, disturbing thoughts about, 216–217
 body dysmorphic disorder (BDD), 40–42, 47
 books
 on anxiety and depression, 336–337
 arranging/seeking order, 229
 on OCD (for professionals), 336
 on OCD (for the public), 102–103, 335–336
 ordering, 229
 brain. *See also* OCD mind/brain circuitry of, 62–64
 deep brain stimulation, 17, 183
 diencephalon, 60
 forebrain, 61–62
 four major regions of, 58–62
 hindbrain, 58–59
 midbrain, 59
 role in OCD, 55–57
 scans, 56–57
 surgery, 64, 183
 transmitters of, 64–66
 “brain itch” or “brain hiccup,” 25
Brain Lock (Schwartz and Beyette), 63, 151, 335
 breastfeeding, 179
 breathing
 breathing/relaxation strategy, 171
 exercise for managing emotions, 319
 meditation, 148–150
 bribery, rewards versus, 303
 BT (Behavior Therapy), 14. *See also* ERP (exposure and response prevention) therapy
 Buddhist philosophy, 140
 Buspar (buspirone), 183
 buying, compulsive, 49

• C •

Canadian Journal of Psychiatry, 180
 cards, flash, 321

- carpet fibers and fringe (Just So/Just Right), 229
- CAT or CT (Computerized Axial Tomography) Scan, 57
- categories of OCD. *See also specific categories*
- collecting and hoarding, 32
 - contamination, germs, and dirt, 31
 - doubts, fears, and uncertainties, 30–31
 - overview, 29–30
 - shame, embarrassment, inappropriate thoughts and behaviors, 32–34
 - superstitions and rituals, 34
 - symmetry and perfectionism, 34–35
- categorizing, hoarders' difficulty with, 242
- cats, superstitions about, 257
- CBT (Cognitive-Behavioral Therapy). *See also* ERP (exposure and response prevention) therapy; mindfulness
- for children, 296
 - defined, 4–5, 14, 15
 - for depression, 187
 - for distorted thinking, 116
 - effectiveness of, 156
 - for exaggerated risk, 121–123
 - history of, 15
 - letting go of excessive responsibility, 128–131
 - to overcome the need for perfection, 126
 - overview, 115
 - relapse rates, 187
 - success of, 88
 - trying to control obsessive thoughts and, 126–128
 - to unconfuse facts and feelings, 125
 - for unreasonable doubts, 117–121
 - writing narratives, 131–138
- Celexa (Citalopram), 182
- cemeteries, 257
- cerebellum, 58
- cerebral cortex, 61
- certainty, need for, 29
- change
- beliefs blocking, 98–100
 - coaching help for, 309
 - fear of, 83
 - feeling worse for a while, 260
 - low motivation for, 238
 - motivation/reasons for, 231–232, 282
 - phases of, 91–95
 - self-handicapping, 88–91, 95–98
- charms, 264–266
- cheating at therapy, 170
- “checking” compulsion. *See also* Doubting and Checking OCD
- categories of, 204–205
 - getting others to check, 205
 - making a list of compulsions, 206
 - overview, 30–31
- “checking the evidence” strategy, 219–221
- checkup with healthcare provider, 176
- children. *See also* parents
- developing OCD, 67–72
 - developing tics, 66
 - diagnosing OCD in, 289, 291
 - disorders, non-OCD, 291–294
 - eating dirt, 330, 331–332
 - effects of OCD on, 294–295
 - explaining OCD to others, 305–306
 - exposed to lots of stress, 71
 - illness, stress of, 70
 - with Just So/Just Right OCD, 228
 - medication, caution for taking, 179–180
 - normal activities of, 227–228, 291
 - overprotecting, 70
 - parents helping, 299–301
 - reassurance alternatives for, 303–304
 - rewards for, 302–303
 - separating OCD from, 297–299
 - symptoms of OCD, recognizing, 290–291, 293
 - therapist, working with, 301–305
 - treatment for, 296
- chimpanzees, 330
- cigarette smoking, 262
- cingulate gyrus, 62
- Citalopram (Celexa), 182
- cleaning products, antibacterial, 13
- clear mind, 140
- Clonazepam (Klonopin), 183

- Clonidine (blood pressure drug), 285
- coaching. *See also* support groups
 - assessing your qualifications for, 309–310
 - choosing a professional, 104–105
 - coaching with kindness, 312–315
 - decision-making, avoiding, 312–313
 - friends and family giving, 103
 - helping with ERP (exposure and response prevention) therapy, 308
 - how OCD challenges you, 309
 - knowing your limits, 310
 - as part of a team, 310–311
 - reassurance alternatives for, 315–316
 - recognizing OCD tricks, 311–312
 - requirements for, 18, 307–308
- cognitive balance, 140
- Cognitive-Behavioral Therapy (CBT). *See also* ERP (exposure and response prevention) therapy; mindfulness
 - for children, 296
 - defined, 4–5, 14, 15
 - for depression, 187
 - for distorted thinking, 116
 - effectiveness of, 156
 - for exaggerated risk, 121–123
 - history of, 15
 - letting go of excessive responsibility, 128–131
 - to overcome the need for perfection, 126
 - overview, 115
 - relapse rates, 187
 - success of, 88
 - trying to control obsessive thoughts and, 126–128
 - to unconfuse facts and feelings, 125
 - for unreasonable doubts, 117–121
 - writing narratives, 131–138
- collectors, hoarders versus, 242, 243
- Collyer, Langley and Homer (hoarders), 239
- Colmipramine (Anafranil), 17, 182
- color obsessions, 257
- compassion, 309
- Competitive Memory Training (COMET), 131
- compulsions
 - altering, 166
 - awareness of, developing, 165–166
 - bringing temporary relief, 165
 - characteristics of, 28–29
 - checking, 30–31, 199, 204–206
 - compulsive slowness, 272–274
 - counting, 33, 267–269
 - defined, 9, 25, 28, 67
 - delaying strategy for, 166, 320
 - doodling, 271–272
 - forms of, 164
 - making a list of, 206–208
 - mental, 164, 173
 - preventing the response to, 164–166
 - reducing anxiety with, 28, 40
 - reinforced, 156
 - touching and tapping, 270–271
- Compulsive Hoarding and Acquiring Workbook* (Steketee and Frost), 238, 244, 336
- Computerized Axial Tomography (CAT or CT) Scan, 57
- conative balance, 140
- conative behavior, 140
- concentration, 148, 178
- confidence, loss of, 91
- confidentiality during treatment, 109–110, 302
- confused thinking, 178
- Contamination OCD
 - case examples, 23, 94–95, 220–221
 - described, 11, 121
 - ERP staircase for, 162, 163–164
 - overview, 31
 - relapse, example, 189–190
 - triggers and Ugh Factor Ratings, 160–161
- control, fear of losing, 87, 214–217
- controlling thoughts, 79, 126–128
- coprolalia, 47
- cost of OCD, 12
- cost/benefit analysis
 - for change-blocking beliefs, 98–100
 - Cost/Benefit Analysis form, 339–340
 - designing, 99–100

- for Hoarding OCD, 244–246
 - counselors, 105
 - counting compulsions
 - case examples, 33
 - overview, 267–269
 - treatment strategies, 268–269
 - counting every exposure, 321
 - crazy, fear of going, 84
 - criticism. *See also* judgment
 - refraining from, 312
 - self-acceptance versus, 226
 - self-criticism, 90, 226
- **D** •
- dangerousness, signs of, 109–110
 - death
 - of famous people, 11
 - fear of, 86
 - superstitions about, 34, 257
 - decision-making
 - coaches avoiding, 312–313
 - hoarders difficulty with, 242
 - OCD difficulties with, 61
 - deep brain stimulation, 17, 183
 - delaying strategy, 320
 - delusional thinking, 24
 - dendrites, 65
 - depression
 - associated with OCD, 51
 - “checking the evidence” strategy for, 219
 - children with, 292
 - cognitive therapy treating, 15
 - Cognitive-Behavioral Therapy (CBT)
 - for, 187
 - OCD with, 177
 - serotonin reuptake inhibitors (SSRIs)
 - for, 17
 - symptoms of, 29
 - Depression For Dummies* (Smith and Elliot), 51, 240, 336
 - development of OCD. *See also* reinforcing OCD
 - adult-onset, 68, 72
 - advertisement’s role in, 1–2
 - blaming oneself for, 89
 - brain’s role in, 55–57
 - in childhood, 67–72
 - genetic predisposition, 56, 69
 - media’s role in, 12–13
 - developmental disorders, 293
 - diagnosing OCD. *See also* symptoms of OCD
 - improvements in, 1
 - instruments for, 110
 - misdiagnosis, avoiding, 38
 - self-diagnosis, avoiding, 37
 - three factors of, 36–37
 - DiClemente, Carlo (psychologist), 93
 - diencephalon, 60
 - dirt, 329–332
 - dirt pica (geophagy), 331, 332
 - disabled-world.com, 297
 - disagreement, expressing, 314
 - discomfort
 - compulsion to decrease, 29
 - distracting yourself from, 170
 - during ERP (exposure and response prevention) therapy, 167, 260
 - fear of, 87
 - managing, 262–263
 - need to avoid all negative feelings, 193–194
 - tolerating, 149, 194, 263, 320
 - discontinuation syndrome, 179, 186
 - “Discovering the Observant You versus Your OCD Thoughts” exercise, 140–142
 - diseases, infectious, 13
 - disinfectants, 13
 - disorders, non-OCD, 291–294
 - disorders related to OCD. *See also* associates of OCD; tic disorders; Tourette’s syndrome (TS)
 - body dysmorphic disorder (BDD), 40–42, 47
 - described, 39, 40
 - eating disorders, 48–49
 - hypochondriasis, 42–43
 - impulse control disorders, 49–50
 - overview, 39

- disorders related to OCD (*continued*)
 - skin-picking and nail-biting, 46–48
 - trichotillomania, 25, 26, 43–44
 - dissociation, 170
 - distorted thinking. *See also* beliefs; doubt, unreasonable
 - about hoarding, questioning, 246–248
 - change-blocking beliefs, dismantling, 98–100
 - Cognitive-Behavioral Therapy (CBT) for, 116
 - confusing facts and feelings, 125, 193
 - cost/benefit analysis, 99
 - described, 24–25
 - Hoarding OCD with, 241–242
 - need for perfection, 79, 126
 - need to avoid all negative feelings, 193–194
 - thoughts viewed as real, 80, 123–125
 - distracting yourself strategy, 90, 170, 320
 - dogs, obsessive-compulsive, 44
 - doodling compulsion, 271–272
 - dopamine, 65, 66
 - doubt, unreasonable
 - Cognitive-Behavior Therapy (CBT) for, 117–121
 - described, 24–25
 - disputing, 118–119, 208–209
 - identifying, 206
 - as an obsession, 199
 - realistic doubt versus, 118–121
 - types of, 200–204
 - Doubting and Checking OCD. *See also* “checking” compulsion
 - compulsions, making a list of, 206–208
 - ERP (exposure and response prevention) therapy for, 208–209, 210–211
 - extreme doubts, identifying, 206
 - getting others to check, 205
 - harming others, fear of, 33, 87, 128–131, 201
 - hit-and-run fears, 96, 202–203, 207–208, 209–210
 - household safety obsessions, 200–201, 210–211
 - mental checking, 204
 - obvious or overt checking, 204
 - overview, 30–31, 199
 - personal health concerns, 203–204, 211
 - treatment options, 205–211
 - triggers for, 205–206
 - “doubting Thomas,” 121
 - dread
 - illogical feelings of, 125
 - limbic system’s role in, 62
 - viewing the future with, 147
 - dressings (Just So/Just Right), 231
 - Duncan, Isadora (dancer), 11
- E ●**
- earworm (song stuck in your mind), 28
 - eating dirt, 330, 331–332
 - eating disorders
 - cognitive therapy treating, 15
 - described, 48–49
 - geophagy (dirt pica), 331, 332
 - OCD symptoms versus, 293
 - Eating Disorders For Dummies* (Schulherr), 48, 293
 - ECT (Electroconvulsive Shock Therapy), 17
 - educating yourself about OCD, 102–103
 - Effexor (Venlafaxine), 182
 - ego-dystonic, 228
 - ego-syntonic, 228
 - Electroconvulsive Shock Therapy (ECT), 17
 - Elliott, Charles
 - Anxiety & Depression Workbook For Dummies*, 226, 336
 - Depression For Dummies*, 51, 240, 336
 - Ellis, Albert (psychologist), 314
 - embarrassment, managing, 301
 - emotional disorders associated with OCD, 55
 - emotional responses (Just So/Just Right), 233–235
 - emotions. *See also specific emotions*
 - amygdala’s role in, 62
 - appropriate, 140
 - breathing exercise for, 319

- confusing facts and feelings, 125, 193
 - difficult, keeping in check, 315
 - inadequacy, feelings of, 91, 98–99
 - knowing your limits, 310
 - need to avoid all negative feelings, 193–194
 - parents managing, 301
 - suspending judgment about, 145–146
 - unfairness, undoing feelings of, 283–284
 - victim, feeling like, 92–93
 - encouragement, 18, 312
 - environmental toxins, ERP staircase, 163–164
 - ERP (exposure and response prevention) therapy. *See also* Cognitive-Behavioral Therapy (CBT)
 - alternatives to, 157–158
 - cheating, forms of, 170
 - coaches help with, 308
 - Contamination OCD staircase, 162, 163–164
 - counting every exposure, 321
 - described, 85, 153–154
 - discomfort involved with, 167, 260
 - distress-reduction for, 171
 - for Doubting and Checking OCD, 208–209, 210–211
 - effectiveness of, 156–157
 - ERP Progress Form, 168–169, 342–343
 - Exposure Staircase form, 342
 - as form of Behavior Therapy (BT), 14
 - Hit-and-Run staircase, 210
 - Hoarding OCD staircase, 250
 - imaginal exposure, 157–158
 - imaginal hierarchies, 158
 - for impulsive problems, 284
 - for Just So/Just Right OCD, 235–236
 - managing the ERP process, 169–174
 - medication combined with, 188
 - modifying behavior through, 16–17
 - OCD theme, determining, 158–159
 - “over the top” exposures, avoiding, 174
 - preparing for, 166
 - progress slowing down and, 173
 - pros and cons, 156–157
 - refusing to try or dropping out, 85, 117, 156, 171–172, 178
 - relapse rates, 187
 - rewarding yourself, 174
 - setting up and working through, 158–169
 - for Shaming OCD, 221–224
 - staircase, creating and using, 162–169
 - for Superstitious OCD, 263–266
 - therapist, finding, 178
 - triggers and Ugh Factor Ratings, 159–161
 - troubleshooting, 171–174
 - used in Cognitive-Behavior Therapy (CBT), 15
 - why and how it works, 154–156
 - Escitalopram (Lexapro), 182
 - Eskalith (Lithium carbonate), 183
 - evenness, compulsion for, 231
 - exercises
 - breathing exercise, 319
 - breathing/relaxation strategy, 171
 - “Discovering the Observant You versus Your OCD Thoughts” exercise, 140–142
 - muscle relaxation training, 277–279
 - physical, benefits of, 326–327
 - exhibitionism, 50
 - explaining OCD to others, 305–306
 - exposure and response prevention (ERP) therapy. *See* ERP (exposure and response prevention) therapy
 - Exposure Staircase form, 342
- **F** ●
- faith, 121
 - family
 - dependency on, 91
 - explaining OCD to, 305–306
 - help with motivation, 281
 - with OCD, helping, 18
 - strengthening family ties, 325
 - support from, 103
 - famous people with OCD, 297
 - Faurer, Felix (president of France), 11
 - fetishism, 50

Fink, Candida (*Bipolar Disorder For Dummies*), 51

fire drills for OCD, 191–192

flashcards, 321

Fluoxetine (Prozac), 181

Fluvoxamine (Luvox), 181

fMRI (Functional Magnetic Resonance Imaging), 57

Food and Drug Administration (FDA), 181

food (Just So/Just Right), 230

food poisoning, probability of, 123

forebrain, 61–62

forgiving yourself, 323–324

forms

- cost/benefit analysis, 339–340
- ERP Progress Form, 168–169, 342–343
- Exposure Staircase form, 342
- Monitoring Self-handicapping, 340–341

Four “R’s” (Relabel, Reattribute, Refocus and Revalue) approach to OCD treatment, 151

Freemasons, 259

Freud, Sigmund (psychiatrist), 55

friends

- children’s difficulties with, 295
- dependency on, 91
- explaining OCD to, 305–306
- finding, 325
- help with motivation, 281
- with OCD, helping, 18
- support from, 103

Frost, Randy (*Compulsive Hoarding and Acquiring Workbook*), 238, 244, 336

frotteurism, 50

functional Magnetic Resonance Imaging (fMRI), 57

future, dreading, 147

• G •

gambling, 49

genetics, 56, 69, 238

geophagy (dirt pica), 331, 332

Gerba, Charles (researcher), 13

germs, 13. *See also* Contamination OCD

glia of the brain, 58

good-luck symbols, 258, 264–265

Gore, Al (environmentalist/politician), 164

guilt, 92

guilt versus shame, 214

• H •

Habit Reversal Training (HRT)

- components of, 276
- designing new/competing responses, 280–281
- increasing awareness of impulsive problems, 277
- relaxing away impulsive problems, 277–280
- rewarding positive gains, 281

habits, useful, 262

hair-pulling/trichotillomania, 25, 26, 43–44

hand-washing

- common habit of, 330
- compulsive, 28, 31
- recommended procedure for, 169

harming others, fear of, 33, 87, 128–131, 201

health insurance, 106

health, personal, 203–204, 211

healthcare provider

- getting a thorough checkup, 176
- working with, 176–177

hearing or seeing things, 178

helping family or friends with OCD, 18.

See also coaching; treatment options

hindbrain, 58–59

hippocampus, 62

Hit-and-Run OCD. *See also* Doubting and Checking OCD

- case examples, 96
- disputing obsessive doubts, 209–210
- exposure staircase, 210
- overview, 202–203
- triggers, obsessions, and compulsions, 207–208

Hoarding OCD

- animal hoarding, 241
- beliefs about, questioning, 246–248
- case examples, 98–99, 239, 245–246, 247–248

characteristics of, 238–239
 coaching a friend with, 313
 collections of hoarders, 242–243
 collectors versus, 243
 consequences of, 239–240
 cost/benefit analysis, 244–246
 defining, 237–238
 distorted thinking in, 241–242
 doing a real cleanup, 251–253
 exposure and response prevention (ERP)
 therapy for, 250
 imagining tossing stuff out, 250–251
 inheritable components, 238
 learning to organize, 249
 low motivation for change, 238
 overview, 32, 243–244
 resisting accumulating, 250
 strategies for keeping and tossing things,
 249–253
 treatment options, 243–249
 hobby, finding, 327
 homosexuality, 218
 hopelessness
 avoiding treatment and, 89
 overcoming, 282–283
 seeking help for, 102
 hot bath, 322
 household safety obsessions, 200–201,
 210–211
 HRT (Habit Reversal Training)
 components of, 276
 designing new/competing responses,
 280–281
 increasing awareness of impulsive
 problems, 277
 relaxing away impulsive problems,
 277–280
 rewarding positive gains, 281
 Hughes, Howard (airplane designer), 107
 humor, 310
 Hunt, Helen (actress), 103
 hypochondriasis, 42–43
 hypothalamus, 60

• 1 •

illness, fear of, 86
 images, obsessive, 26, 27
 imaginal exposure, 157–158
 imaginal hierarchies, 158
 immune system, 330
 impulse control disorders, 49–50
 impulsive problems. *See also specific disorders*
 described, 25, 40
 ERP (exposure and response prevention)
 therapy for, 284
 Habit Reversal Training (HRT) for,
 276–281
 medication for, 285
 overview, 275
 professional help for, 280
 skin-picking disorder, 46–48
 thinking habits, changing, 281–284
 trichotillomania, 25, 26, 43–44
 inadequacy, feelings of, 91, 98–99
 incentives/rewards, 174, 281, 302–303
 inconsistency, fear of, 86
 infections, 44, 66, 292
 irrational/unreasonable nature of OCD,
 24, 37

• 1 •

Jacobsen, Edmond (founder of progressive
 muscle relaxation), 277
Journal of Biological Psychiatry, 180
Journal of Clinical Psychiatry, 19
 judgment. *See also criticism*
 OCD mind and, 16
 self-critical versus self-accepting
 views, 226
 “should” statements, sidestepping,
 314–315
 suspending judgment about emotions,
 145–146
 therapists and, 111

Just So/Just Right OCD
 described, 229–230
 emotional responses, rethinking, 233–235
 ERP (exposure and response prevention)
 therapy for, 235–236
 medication for, 232
 overview, 34–35, 227–228
 repeating/seeking perfection, 230–231,
 235–236
 self-image, rethinking, 232–233
 thinking habits, changing, 227, 232–235
 treatment options, 231–236

• K •

kindness
 coaching with, 312–316
 to self, 149
 kleptomania, 49
 Klonopin (Clonazepam), 183
 knocking on wood, 24–25

• L •

lapse versus relapse, 189–190
 learning disabilities, 293
 Lexapro (Escitalopram), 182
 limbic system, 62
 Lithium carbonate (Eskalith), 183
 litigation, 110
 living in the now, 146–148
 luck, 264
 Luvox (Fluvoxamine), 181

• M •

magical and illogical thinking, 80
 Magnetic Resonance Imaging (MRI), 57
 Magnetic Resonance Spectroscopy
 (MRS), 57
 mania, 51
 mantras, 148
 MAO inhibitors (antidepressants), 182
 meaning, searching for, 324

media, 12–13
 medication
 adding other, 182–184
 antipsychotic drugs, 285
 for anxiety, 183
 benefits of, 322
 biological alternatives to, 183
 for children, caution for taking, 179–180
 combining with ERP (exposure and
 response prevention) therapy, 188
 deciding to take, 175–179
 discontinuation syndrome, 179, 186
 dosage, 181
 for impulsive problems, 284
 for Just So/Just Right OCD, 232
 length of time for taking, 181
 MAO inhibitors, 182
 options, 180–184
 positive use of, 178–179
 pros and cons, 17–18
 reasons for taking, 177–179
 serotonin reuptake inhibitors (SSRIs),
 17, 181–182
 side effects and risks of, 18, 177, 179–180
 tips for taking, 177
 tricyclics, 182
 meditation. *See also* mindfulness
 benefits of, 148
 breathing, 148–150
 walking, 150
Meditation For Dummies, 2nd Ed. (Bodian
 and Ornish), 322
 mental balance, 140
 mental compulsions, 164, 173
 mental-health professional. *See also*
 therapist
 for children, 296
 choosing, 104, 105
 dealing with substance abuse, 52
 diagnosing OCD, 294
 fears about, 87
 for hopelessness or suicidal
 thoughts, 102
 need for, 102
 pseudo-professionals, avoiding, 106

questions to ask, 106–108
 support group using, 104
 midbrain, 59
 Middle Ages, 14
The Mind and the Brain: Neuroplasticity and the Power of Mental Force (Schwartz and Bagley), 151
 mind, clear, 140
 mindfulness. *See also* Cognitive-Behavioral Therapy (CBT); meditation
 achieving, 139–142
 breathing meditation, 148–150
 defined, 16, 139
 having patience, 143
 letting go of striving, 143–144
 living in the now, 146–148
 making time for, 142–143
 overview, 139–140
 practicing acceptance, 144–145
 relapse rates, 187
 separating thoughts from who you are, 139–142, 321
 suspending judgment about emotions, 145–146
 walking meditation, 150
 miscounting on purpose, 269
 misdiagnosis, avoiding, 38
 missing OCD, 86
 mistakes, fear of making, 30
 money (Just So/Just Right), 230
 monitoring
 counting compulsions, 268
 Monitoring Self-Handicapping form, 340–341
 for self-handicapping, 96–98
 touching and tapping compulsion, 270
Monk (television series), 103, 270
 mood disorders, 51
 Morrow, Vic (actor), 11
 motivation. *See also* obstacles to change
 finding, 231–232
 friends and family helping with, 281
 low, 238
 supportive self-statements for, 284
 wavering, 173

movies, 103
 MRI (Magnetic Resonance Imaging), 57
 MRS (Magnetic Resonance Spectroscopy), 57
 muscle relaxation training, 277–279
 mutism, 293

• N •

nail-biting disorder, 46–48
 narratives, writing. *See also* Cognitive-Behavioral Therapy (CBT)
 assessing and rewriting, 135–138
 making up OCD-like stories, 133–134
 overview, 131–133
 typical OCD story, 132–133
 writing your own OCD stories, 134–135
 negative reinforcement, 74–75
 neurons of the brain, 58, 65
Neuropsychology journal, 229
 neurotransmitters
 described, 64
 dopamine, 65, 66
 role in OCD, 59, 65
 serotonin, 59, 65, 180
 Nicholson, Jack (actor), 103
 Norcross, John (psychologist), 93
 norepinephrine, 182
 now, living in, 146–148
 numbers
 attaching great meaning, 34
 number 13, 256
 superstitious beliefs about, 80, 257

• O •

obscenities, shouting out, 47
 obsessions. *See also specific obsessions*; urges
 characteristics of, 26–27
 color obsessions, 257
 defined, 9, 25, 67
 mental compulsions versus, 173
 normal worries versus, 27, 35–36, 199

obsessive compulsive disorder (OCD).

See also associates of OCD; related disorders of OCD

anxiety cycle, 22–24

characteristics of, 36–37

compulsions of, 28–29

cost of, 12

defined, 9, 10, 25, 55

development of, 56, 67–73

explaining to others, 305–306

famous people with, 297

history of, 14

normal worries versus, 27, 35–36, 199

obsessions of, 26–27

overview, 10–12

pain of, 12, 37

quick tips for dealing with, 319–322

reinforcement of, 73–76

risk of developing, 56

shame associated with, 10–11

statistics, 1

symptoms of, 21, 28–29

thinking styles of, 24–25

treatment options, 14–18

types of, 29–35

Obsessive Compulsive Inventory, 110

obsessive-compulsive personality disorder (OCPD), 52–53

obstacles to change. *See also* change believing the worst about yourself, 91–93 change-blocking beliefs, dismantling, 98–100

fear of change, 83

fear of treatment, 84–88

motivations for change, finding, 231–232

overview, 83–84

self-handicapping, 88–91, 95–98

OCD Foundation (Web site), 103, 325

OCD mind/brain. *See also* thinking styles of OCD

described, 11

focusing on possible calamities, 15–16

inability to inhibit false alarms, 63

realizing it's not you, 321

seriousness of, 22

OCPD (obsessive-compulsive personality disorder), 52–53

online support group, 104, 322

Oppositional Defiant Disorder, 15, 292

orbital frontal cortex, 61

order and symmetry. *See* Just So/Just Right OCD

organization skills, developing, 249

Organizing For Dummies (Roth), 249

orgasm, spontaneous, 180

origins of OCD. *See also* reinforcing OCD

adult-onset, 68, 72

advertisement's role in, 1–2

blaming oneself for, 89

brain's role in, 55–57

in childhood, 67–72

genetic predisposition, 56, 69

media's role in, 12–13

Ornish, Dean (*Meditation For Dummies*, 2nd Ed.), 322

Overcoming Anxiety For Dummies (Wiley), 22, 52, 240, 277, 279

● p ●

The Padua Inventory, 110

PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infection), 44, 66, 292

paraphilias, 49, 50

parents. *See also* children

children learning OCD behavior from, 69 as coach, 304–305

impatience, avoiding, 300

managing your emotions, 301

misguided parenting, 70–72

modeling misguided thinking, 69–70

overprotecting a child, avoiding, 300

parenting differently, 299–300

rescuing a child, avoiding, 300

separating OCD from your child, 297–299

working with child's therapist, 301–305

Parkinson's disease, 61, 65, 272

Paroxetine (Paxil), 181

- patience, 143, 310
- Pavlov, Ivan (Russian scientist), 155
- Paxil (Paroxetine), 181
- Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infection (PANDAS), 44, 66, 292
- pedophilia, 33, 50, 78, 216
- perfectionism. *See also* Just So/Just Right OCD
- children seeking, 70
 - need for/seeking, 79, 126
 - overcoming the need for, 126
 - repeating/seeking perfection, 230–231, 235–236
 - treatment and, 89
- perseverance/persistence, 190, 205
- personal health concerns, 203–204, 211
- personality disorders, 52–53
- PET (Positron Emission Tomography) scan, 57
- physical exam, 176
- pica, 332
- planning, difficulties with, 61
- pleasures
- healthy, 328
 - urges based on, 49–50
- positive thoughts, 149
- Positron Emission Tomography (PET) scan, 57
- possessions, hoarding, 246–248
- post-traumatic stress disorder (PTSD), 73
- post-treatment. *See also* treatment options
- benefits of exercise, 326–327
 - finding friends, 325
 - finding healthy pleasures, 328
 - forgiving yourself, 323–324
 - helping others, 326
 - learning new skill, 327
 - pursuing hobbies, 327
 - searching for meaning, 324
 - strengthening family ties, 325
 - support groups, finding, 325–326
- pregnancy, 179, 331
- Prochaska, James (psychologist), 93
- professional help. *See* mental-health professional; therapist
- progress, slowing down, 173
- Prozac (Fluoxetine), 181
- psilocybin mushroom, 19
- psychiatrists, 105
- psychoanalysis, lack of impact on OCD, 14
- psychoanalysts, 105
- psychologists, 105
- psychosurgery, 17
- psychotherapist, 105
- PTSD (post-traumatic stress disorder), 73
- public bathrooms, 330
- pyromania, 49
- *Q* •
- quick tips for dealing with OCD, 319–322
- *R* •
- rape, 216
- reading and writing (Just So/Just Right), 231
- reassurance
- alternatives to, 303–304, 315–316
 - compulsive need for, 29
 - encouragement versus, 18, 312
 - need for, 30
 - OCD reinforced by, 75–76, 311–312
 - ruining the effects of ERP, 170
- refusing to try or dropping out, 117, 156, 171–172, 178
- reinforcing OCD. *See also* development of OCD
- bad thinking and, 76–80
 - negative, 74–75
 - overview, 155–156
 - positive, 73–74
 - reassurance and, 75–76, 311–312
- Relabel, Reattribute, Refocus and Revalue (“Four R’s”) approach to OCD treatment, 151

- relapse
 - after discontinuing medication, 179, 186
 - events that may trigger, 194–195
 - lapse versus, 189–190
 - responding to, 187–188
 - risks of, 186–187
 - strategies for reducing, 188–195
 - related disorders of OCD. *See also*
 - associates of OCD; tic disorders; Tourette’s syndrome (TS)
 - body dysmorphic disorder (BDD), 40–42, 47
 - described, 39, 40
 - eating disorders, 48–49
 - hypochondriasis, 42–43
 - impulse control disorders, 49–50
 - overview, 39
 - skin-picking and nail-biting, 46–48
 - trichotillomania, 25, 26, 43–44
 - relaxation
 - breathing/relaxation strategy, 171
 - muscle relaxation training, 277–279
 - religious obsessions and compulsions (scrupulosity), 32–33, 218–219
 - repeating/seeking perfection, 230–231, 235–236. *See also* Just So/Just Right OCD
 - resistance, 208. *See also* obstacles to change
 - resources. *See also* support groups
 - books about anxiety and depression, 336–337
 - books about OCD (for professionals), 336
 - books about OCD (for the public), 102–103, 335–336
 - educating yourself about OCD, 102–103
 - online support, 104, 322
 - responsibility, excessive, 79–80, 128–131
 - rewards/incentives, 174, 281, 302–303
 - risk
 - desire to avoid all risks, 11–12
 - of developing OCD, 56
 - exaggerated, 78, 121–123
 - of medication, 18, 177, 179–180
 - of relapse, 186–187
 - resisting, 85
 - rituals
 - avoiding participation in, 18
 - neutralizing, 259
 - in Superstitious OCD, 257–259
 - Roth, Eileen (*Organizing For Dummies*), 249
- S ●
- safety behaviors, compulsive. *See also* Hit-and-Run OCD
 - described, 29
 - making a list of, 207
 - scans, brain, 56–57
 - schizophrenia, 15, 65–66
 - school
 - explaining OCD to schoolmates, 306
 - problems at, 295
 - Schulherr, Susan (*Eating Disorders For Dummies*), 48, 293
 - Schwartz, Jeffrey
 - Brain Lock*, 63, 151, 335
 - The Mind and the Brain: Neuroplasticity and the Power of Mental Force*, 151
 - SCID (Structured Clinical Interview for the DSM-IV), 110
 - scrupulosity, 32–33, 218–219. *See also* Shaming OCD
 - seeing or hearing things, 178
 - self-acceptance, 92, 226
 - self-criticism, 90, 226
 - self-diagnosis, avoiding, 37
 - self-handicapping
 - defeating, 95–98
 - Monitoring Self-Handicapping form, 340–341
 - against treatment success, 88–91
 - self-help
 - educating yourself about OCD, 102–103
 - limitations of, 307
 - self-image, distorted
 - body dysmorphic disorder (BDD), 40–42, 47
 - rethinking, 232–233
 - self-statements, supportive, 284
 - serotonin
 - function of, 65, 180

- role in OCD, 59
- serotonin reuptake inhibitors (SSRIs), 17, 181–182, 285
- Sertraline (Zoloft), 181
- set shifting, 229
- severe OCD, 102, 177
- sexual and aggressive obsessions and compulsions. *See also* Shaming OCD
 - fear of acting out, 50, 216
 - overview, 33–34
 - questioning sexual identity, 33, 217–218
- sexuality, medication's effect on, 179
- Shalhoub, Tony (actor), 103
- shame associated with OCD, 10–11
- Shaming OCD
 - being “off duty,” 225
 - “checking the evidence” strategy for, 219–221
 - complementary treatments, 224–226
 - ERP (exposure and response prevention) therapy for, 221–224
 - fear of losing control, 87, 214–217
 - guilt versus, 214
 - overview, 33–34, 213–214
 - religious or moral codes, extreme (scrupulosity), 32–33, 218–219
 - revealing hidden thoughts to others, 224–225
 - self-critical versus self-accepting views, 226
 - sexual identity, questioning, 33, 217–218
- Shapiro, Shauna L. (author), 140
- shifting attention, 229
- shock therapy, electroconvulsive, 17
- “should” statements, sidestepping, 314–315
- showering or washing routines, 231
- side effects of medication, 18, 177, 179–180
- Single Photon Emission Computed Tomography (SPECT), 57
- sitting position, for meditation, 149
- skills
 - learning new, 327
 - organizational, 249
- skin disorder, dogs with, 44
- skin-picking disorder, 46–48. *See also* impulsive problems
- slowness, compulsive, 272–274
- Smith, Laura
 - Anxiety & Depression Workbook For Dummies*, 226, 336
 - Depression For Dummies*, 51, 240, 336
- smoking cigarettes, 262
- sneezing, beliefs about, 78, 255, 262
- social workers, 105
- soil, 329
- song stuck in your mind (earworm), 28
- SPECT (Single Photon Emission Computed Tomography), 57
- SSRIs (serotonin reuptake inhibitors), 17, 181–182, 285
- staircase. *See also* ERP (exposure and response prevention) therapy
 - for Contamination OCD, 162, 163–164
 - creating and using, 162–169
 - for environmental toxins, 163–164
 - Exposure Staircase form, 342
 - for Hit-and-Run OCD, 210
 - for Hoarding OCD, 250
 - for Superstitious OCD, 263–264
- statistics for OCD, 1
- Steketee, Gail (*Compulsive Hoarding and Acquiring Workbook*), 238, 244, 336
- stimulant medications, 184
- strep throat, 66, 292
- streptococcal infections (PANDAS), 44, 66, 292
- stress
 - breathing/relaxation strategy, 171
 - children exposed to, 71
 - of illness, 70
 - post-traumatic stress disorder (PTSD), 73
 - relapse triggered by, 194–195
 - role in OCD, 1, 71
- striving, letting go of, 143–144
- Structured Clinical Interview for the DSM-IV (SCID), 110
- Subjective Units of Distress (SUDS), 159
- substance abuse, 52, 109
- suicide
 - antidepressant medication as risk factor for, 179–180
 - thoughts of, 102, 109, 177

- Superstitious OCD
- charms, defeating the power of, 264–266
 - common themes and rituals, 257–259
 - creating competing superstitions, 260–262
 - described, 11, 34, 255–256
 - discomfort during treatment, managing, 262–263
 - ERP (exposure and response prevention) therapy for, 263–266
 - exposure hierarchy/staircase, 263–264
 - magical and illogical thinking of, 80
 - thinking habits, changing, 259–263
 - support groups. *See also* coaching
 - finding, 104, 325–326
 - online, 104, 322
 - supportive self-statements, 284
 - surgery, brain, 64, 183
 - swearing, compulsive, 47
 - Sydenham’s chorea, 44
 - symbols, superstitious beliefs about, 257
 - symmetry and perfectionism. *See also* Just So/Just Right OCD
 - case examples, 35
 - described, 34, 227
 - urge to find, 228
 - symptoms of OCD. *See also* diagnosing OCD; *specific symptoms*
 - children with, 290–291, 293
 - eating disorders versus, 293
 - having a mix of, 30
 - overview, 21, 28–29
 - reduction rate, 185
 - reporting dishonestly, 90
 - severe, 102, 177
- **T** •
- tapping and touching compulsion, 270–271
 - tardive dyskinesia, 285
 - television, 103
 - thalamus, 60
 - therapist. *See also* mental-health
 - professional
 - arguing with, 90
 - for children, 296
 - cost issues, 178
 - defined, 105
 - evaluating, 111–112
 - fears about, 87
 - finding, 178
 - getting a second professional opinion, 300
 - nonjudgmental, 88
 - parents not being, 18, 299–300
 - parents working with, 301–305
 - revealing hidden thoughts to, 224–225
 - speaking the truth to, 111
 - therapy. *See also* Cognitive-Behavioral Therapy (CBT); ERP (exposure and response prevention) therapy; treatment options
 - assessment process, 108–109
 - cheating at, 170
 - confidentiality during, 109–110, 302
 - diagnosing OCD, 110
 - reviewing the game plan, 112
 - thinking styles of OCD. *See also* beliefs; distorted thinking; doubt, unreasonable
 - delusional thinking, 24
 - described, 24–25
 - exaggerated risk, 11–12, 78, 121–123
 - irrational/unreasonable nature of, 24, 37
 - magical and illogical thinking, 80
 - need for perfection, 79, 126
 - not accepting uncertainty, 78, 85
 - overview, 24–25, 76–77
 - responsibility, inflated sense of, 79–80, 128–131
 - thoughts viewed as real, 80, 123–125
 - trying to control/suppress thoughts, 79, 126–128
 - unreasonable doubt, 24–25
 - zeroing in on, 193–194
 - thoughts. *See also* mindfulness
 - changing, 117
 - dispassionately observing, 149
 - judgmental, 16
 - negative beliefs about yourself, 91–93
 - positive, 149

- separating thoughts from who you are, 139–142, 321
- transmitting between brain cells, 64–66
- trying to control/suppress, 79, 126–128
- viewed as real, 80, 123–125
- thoughts, obsessive
 - aggression, 215
 - case examples, 15–16, 26–27
 - defined, 26
 - frequently reoccurring, 27
- tic disorders. *See also* impulsive problems
 - children with, 66, 293
 - described, 25, 44–45, 275
 - dopamine's role in, 66
 - Habit Reversal Training (HRT) for, 276–281
 - medication for, 285
 - OCD genetically linked to, 56
- time
 - lacking for psychotherapy, 178
 - making time for mindfulness, 142–143
 - needed for coaching, 310
- touching a doorknob, 121
- touching and tapping compulsion, 270–271
- Tourette's syndrome (TS). *See also* impulsive problems
 - children with, 293
 - described, 44, 45–46, 47
 - dopamine's role in, 66
 - medication for, 285
 - OCD genetically linked to, 56
- trauma
 - post-traumatic stress disorder (PTSD), 73
 - triggering the onset of OCD, 72–73
- treatment options. *See also* post-treatment; relapse; therapy; *specific treatments*
 - brain surgery, 64, 183
 - for children, 296
 - Competitive Memory Training (COMET), 131
 - confidentiality during, 109–110, 302
 - for counting compulsions, 268–269
 - deep brain stimulation, 17, 183
 - denying improvement, 91
 - for Doubting and Checking OCD, 205–206
 - failing to get/refusing to try, 85, 101
 - fear of, 84–88
 - feeling worse for a while, 260
 - “Four R’s” (Relabel, Reattribute, Refocus and Revalue) approach to, 151
 - Habit Reversal Training (HRT), 276–281
 - for Hoarding OCD, 243–249
 - for Just So/Just Right OCD, 231–236
 - overview, 14–18, 101–102
 - prolonging, 190
 - psychosurgery, 17
 - quick tips for dealing with OCD, 319–322
 - reporting symptoms dishonestly, 90
 - resistant to ordinary means of (treatment refractory), 183
 - for Shaming OCD, 219–226
 - success of, 88, 178
 - symptom reduction rate, 185
 - taking one step at a time, 100
 - terminating gradually, 191
 - time for, finding, 178
 - what to expect in, 108–109
- trichotillomania/hair-pulling, 25, 26, 43–44
- tricyclic antidepressants, 182
- triggers
 - discovering, 205–206
 - for Doubting and Checking OCD, 205–206
 - exposure to, 154
 - fire drills for OCD, 191–192
 - listing and assigning Ugh Factor Ratings, 159–161
 - negative emotional association with, 155
 - placing on and using ERP staircase, 162–169
 - stress as, 194–195
 - trauma as, 72–73
- TS (Tourette's syndrome). *See also* impulsive problems
 - children with, 293
 - described, 44, 45–46, 47
 - dopamine's role in, 66
 - medication for, 285
 - OCD genetically linked to, 56
- types of OCD. *See also specific types*
 - collecting and hoarding, 32
 - contamination, germs, and dirt, 31
 - doubts, fears, and uncertainties, 30–31

types of OCD (*continued*)

- overview, 29–30
- shame, embarrassment, inappropriate thoughts and behaviors, 32–34
- superstitions and rituals, 34
- symmetry and perfectionism, 34–35

• U •

Ugh Factor Ratings

- assigning, 159–161
- re-rating, 167
- umbrella, opening inside, 259–260
- uncertainty, not accepting, 78, 85
- unfairness, undoing feelings of, 283–284
- unreasonable/irrational nature of OCD, 24, 37
- urges. *See also* obsessions
 - compulsion responding to, 28
 - obsessive, 26
 - pleasure-based, 49–50
- urinating and/or defecating in public, fear of, 216–217, 222–223

• V •

- vacuum cleaner, 13
- Venlafaxine (Effexor), 182
- verbal tic disorder, 47
- victim, feeling like, 92–93
- volunteering, 326
- Volunteermatch (Web site), 326
- vomit soup, 224
- vomiting in public, fear of, 217, 223–224

• W •

- walking meditation, 150
- Wallace, B. Alan (author), 140
- Washington, D.C., superstitions about, 259
- Washington Post*, 259
- Web sites
 - disabled-world.com, 297
 - for OCD and other issues, 337–338
 - OCD Foundation, 103, 325
 - successful people with OCD, 297
 - Volunteermatch, 326
- Williams, Tennessee (playwright), 11
- wood knocking, 24–25
- words, superstitions about, 34, 258
- worries (normal) versus OCD, 27, 35–36, 199
- writing narratives. *See also* Cognitive-Behavioral Therapy (CBT)
 - assessing and rewriting, 135–138
 - making up OCD-like stories, 133–134
 - overview, 131–133
 - typical OCD story, 132–133
 - your own OCD stories, 134–135

• Y •

- The Yale-Brown Obsessive Compulsive Scale (Y-BOCS), 110
- yawning spells, 180

• Z •

- Zoloft (Sertraline), 181