

Mr. Potato Head and OCD?: Exploring The Many Disguises of OCD



Presenters



Nancy Larsen, LCSW



Lars Eggerton, PhD



Allyson Guilbert, LCSW



Danica Smith, ACMHC

What is OCD Anyway?

Obsessions

1. Recurrent thoughts, images or impulses that are experienced as **unwanted** and **intrusive** at some point and that cause anxiety and distress
2. Attempts to suppress, ignore or neutralize thought, image or impulse

Compulsions

1. Physical or mental acts that the individual feels driven to perform or according to **rigid rules**
2. Aimed at preventing catastrophe or reducing anxiety, but not realistically connected to obsessions and are **excessive**.

Comorbidity in Primary OCD

	Current	Lifetime
Major depressive disorder	31%	67%
Simple phobia	7%	22%
Separation anxiety disorder	–%	21%
Social phobia	11%	18%
Eating disorder	8%	17%
Alcohol abuse (dependence)	8%	14%
Panic disorder	6%	12%
Tourette's syndrome	5%	7%

Prevalence

2.3% will experience OCD in their lifetime

1.2% of adults in US have OCD each year

OCD typically onsets at 10-12 years old or late teens/early adulthood

Step One

Learn all you can about your OCD diagnosis: The types of obsessions and compulsions you experience

OCD has Many Disguises



...Called Obsessions

Contamination OCD - Fear of being contaminated or feeling disgust by something around them

Just Right OCD - Feeling dead *wrong* about *everything* or that things are not precisely as they should be. (Perfectionism OCD, Organizational OCD or Symmetry OCD)

Scrupulosity OCD - Targets high value on philosophy, religion, life rules or laws and existential meaning.

Sexual Orientation OCD - Not being certain about your sexual orientation

Obsessions continued...

Pedophile OCD - Obsessions about being a predator of children

False Memory OCD - Doubting memories about your past or fearing you have done something wrong but cannot remember

Relationship OCD - Difficulty in tolerating uncertainty or feelings about the quality of a relationship or genuineness of it

Hyperawareness OCD - Being consciously aware of something benign or overly aware of the present moment

Harm OCD - Fear that harm will come to you or someone you love. (Hit and Run OCD)

(Herschfield, 2013)

OCD has Many Compulsions

- **Washing Compulsions** - Hand washing, showering
- **Cleaning your Environment** - Cleaning, tidying, checking orderliness
- **Checking** - Stoves, lights, doors
- **Mental Checking** - Checking thoughts, feelings and body sensations
- **Mental Review** - Studying, analyzing and ruminating on thoughts of the *past*

(Herschfield, 2013)

...Compulsions continued

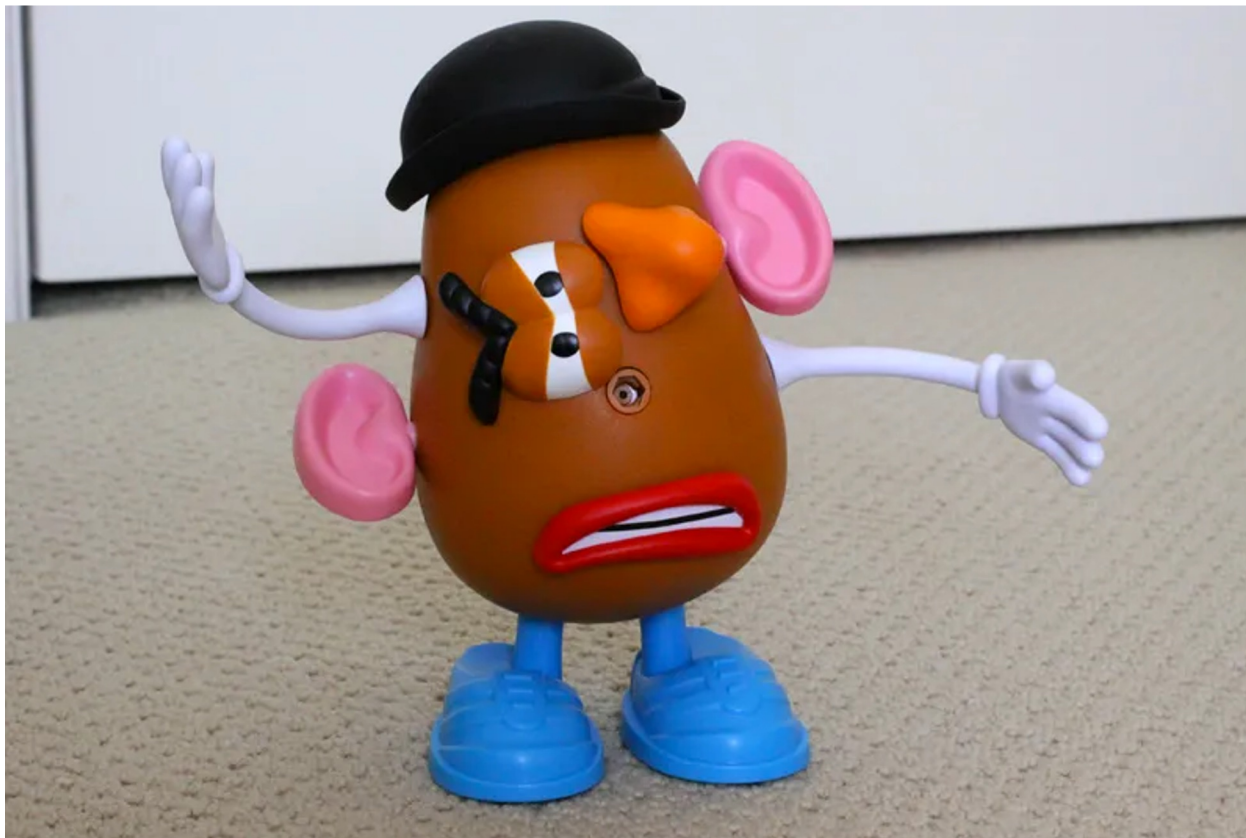
- **Scenario Bending** - Reviewing an event and then adding a hypothetical of what could have occurred
- **Mental Rehearsal** - Replaying invented versions of the *future*
- **Reassurance Seeking** - Asking others for their opinions without really accepting an answer
- **Symmetry** - Strong urge for things to be equal, balanced or exact

(Herschfield, 2013)

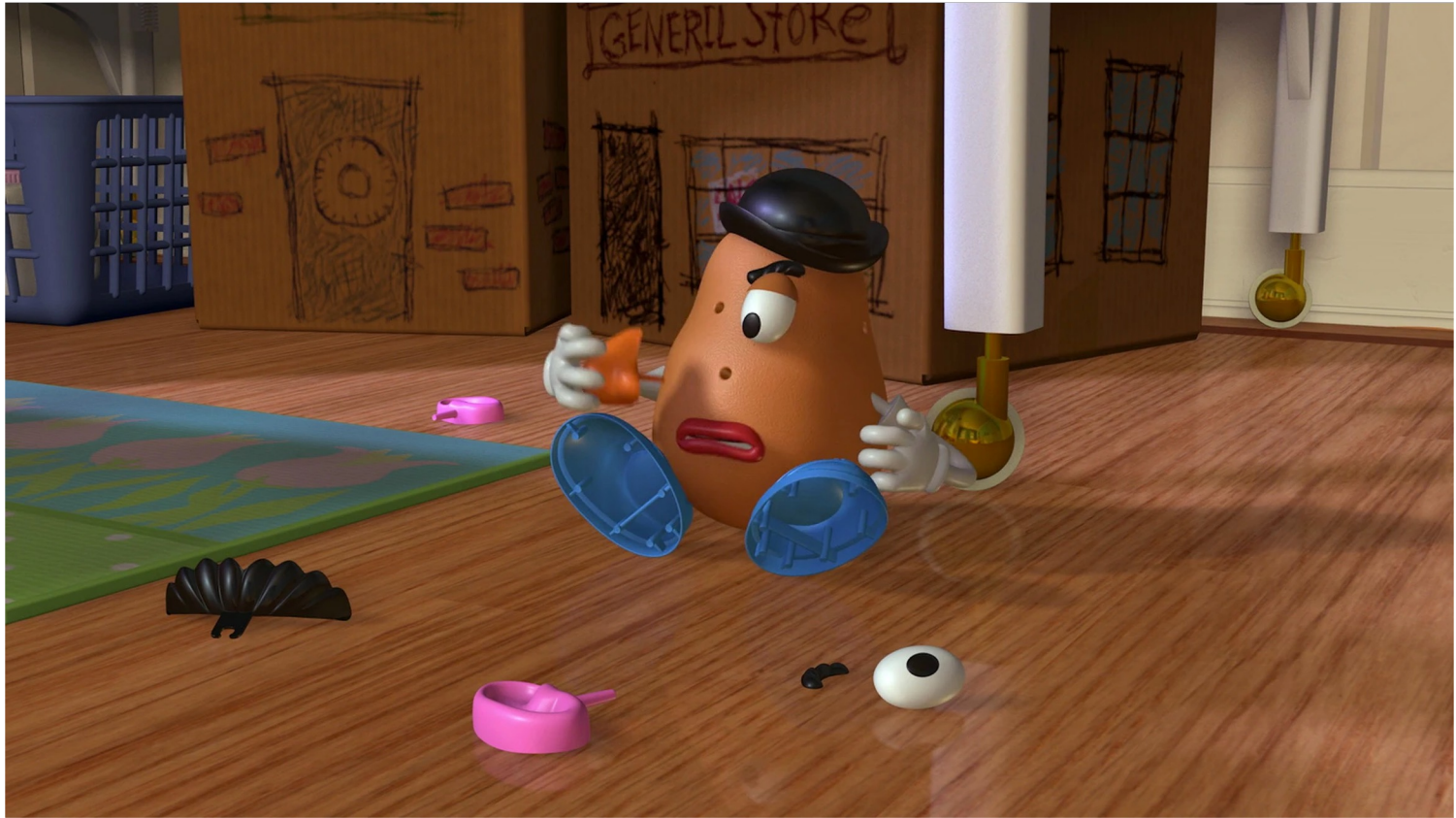
Sometimes it can feel like this...



Difficult to see



Confused



Disorganized



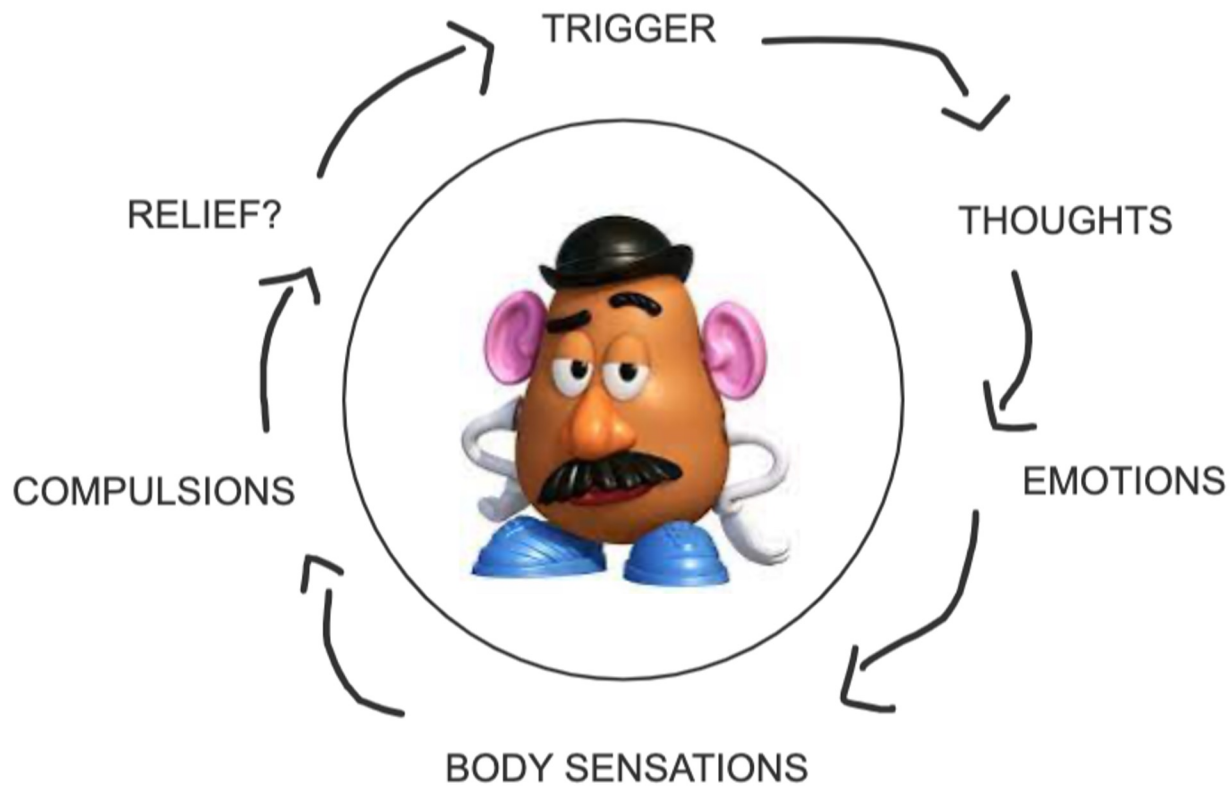
Overwhelmed

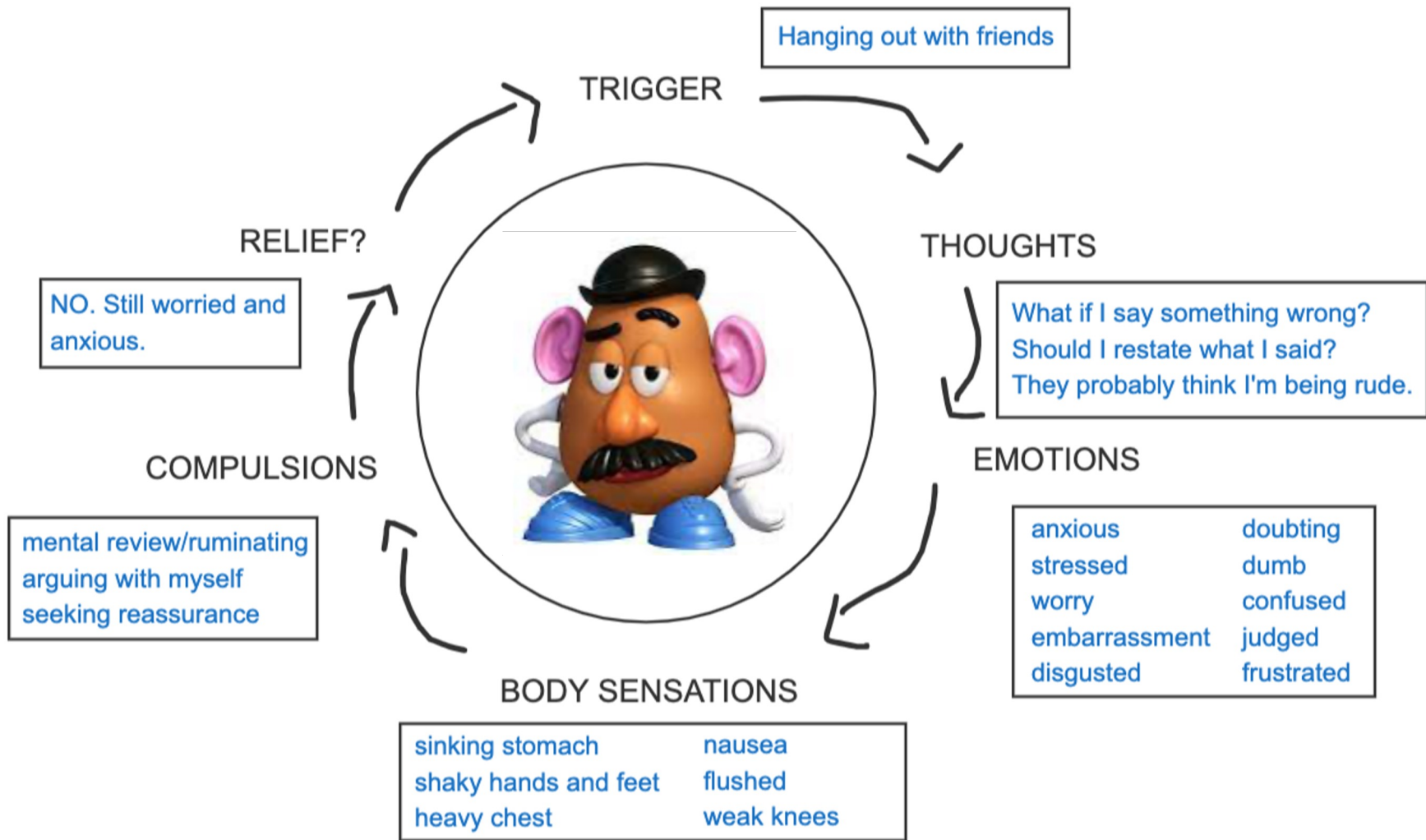


Exhausted! Defeated!

Step Two

Understanding how your OCD works





**Time to figure out what disguise
your OCD is wearing today**

Write familiar *triggers* you experience with your OCD

**Write out your obsessional
thoughts for five minutes**

**Identify the *emotions* you
experience when your OCD is
present**

**Identify where you feel emotional
discomfort in your *body* and draw a
picture of it**

**List which *compulsions* you use to
fight your OCD**

Step three

Calling out your OCD

Famous OCD pitfalls

1. “It’s different this time”
2. “Do I really have OCD?”
3. “What if...?” questions
4. OCD-ing about OCD
5. Accepting OCD in “name” only



Step four

Beware of Compromising what you
know about OCD



**Drats! They
figured out
I'm just a
potato!**

References

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.).

Hershfield, J., & Corboy, T. (2013). *The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy*.

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