

Thoughts highly sensory

- Frightening, startling, imagination generates real felt sensory experiences, hyperphantasia, engrossing, convincing

Thoughts return like a mental tic

- Thoughts are sticky, looping, distracting, annoying, impacting sleep, neutral obsessions, hyperawareness obsessions, Tourettic OCD, staring OCD, meta-cognition OCD

Thoughts ego-dystonic/ repugnant

- Thoughts that violate personal morality, thoughts tangentially related to bad things from your life, shameful, identity-shaking

Copropraxic urges

- Urge to act in ego-dystonic ways, touch an electric socket, blurt an expletive, punch a stranger, this is different than thought-thought fusion

Dissociation

- Lost in imagination, disconnect from here and now, DP/DR, maladaptive daydreaming

Hyper-empathy

- Responsible for anything vulnerable, justice and honesty sensitivity, distressing emotional pain witnessing others suffering

Disgust hypersensitivity

- Subjective intensity of disgust reaction, disgust for things others find neutral even in the absence of obsessional stories

NJREs

- Symmetry, completeness, feeling off, feeling relief at neutralizing, distrust of senses

Sensory sensitivity

- Subjective experience of intensity and distress related to sensory stimuli that do not bother the neuro-majority

Finds repetition soothing

- Preference for sameness and predictability, change and novelty is dysregulating, familiarity feels safe not boring

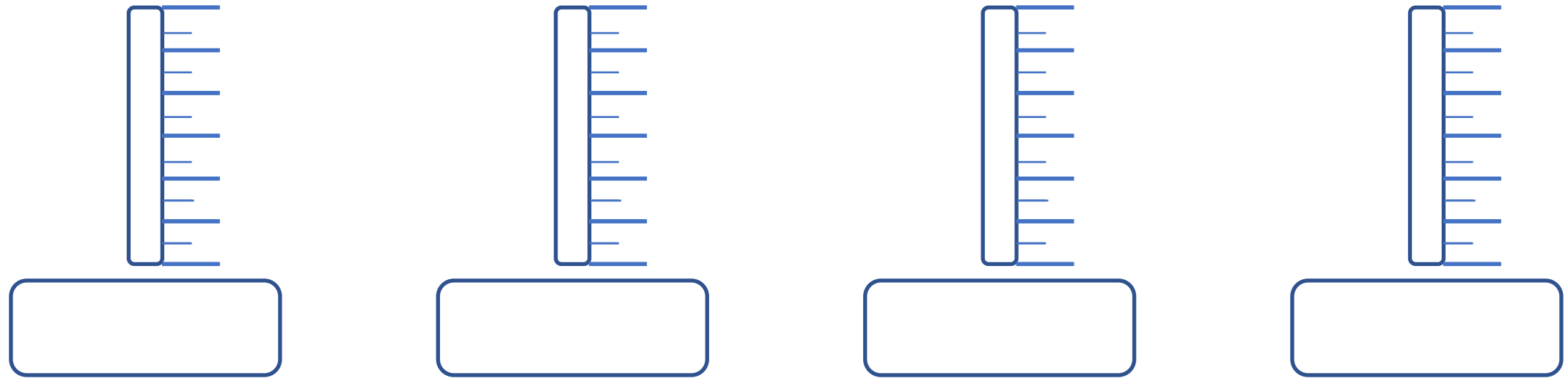
Neuroticism

- Emotionality, risk aversion, perfectionism, meticulousness

Swept up in narratives

- Justifying fear of implausible risk, magical thinking, obsessing over a specific feared outcome, impressionable

My OCD Mini Profile



Notes:

A large empty rectangular box for taking notes, located below the charts.