

WHAT IS OCD?

Obsessive compulsive disorder (OCD) is not a faith issue. It is a common health condition that can make daily life feel overwhelming and affects people in all religious, spiritual, and cultural communities. It involves:

OBSESSIONS

are unwanted thoughts, images, or urges about what you care about most, causing deep distress.

COMPULSIONS

are repeated actions—in your mind or body—that feel necessary to protect what matters most and reduce the suffering caused by obsessions.

These may include confessing, checking, avoiding, ruminating, neutralizing, or seeking reassurance.

REMEMBER!

OCD IS NOT A REFLECTION OF YOUR FAITH, VALUES, OR CHARACTER.

TREATMENT

Exposure and Response Prevention (ERP), a type of Cognitive Behavioral Therapy, is the gold-standard treatment for OCD. ERP teaches you to face difficult thoughts and feelings while gradually reducing reliance on compulsions. Over time, ERP helps you learn that discomfort is not dangerous and does not have to control your life, making room for more freedom, peace, and connection to your values and faith.

With understanding, compassion, and the right support, faith and OCD treatment can coexist.

HEALING IS POSSIBLE— PEOPLE OF ALL FAITHS CAN RECONNECT WITH THE LIFE, VALUES, AND SPIRITUALITY THAT MATTER MOST.

FAITH AND OCD RESOURCE CENTER

Explore the diverse resources available within the International OCD Foundation resource center.

SCAN ME



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OCD is not
what you think
it is.



EXAMPLES

HOW DOES OCD LATCH ONTO *faith?*

For people of faith, OCD can sometimes feel confusing and overwhelming. **YOU ARE NOT ALONE.**

OBSESSIONS

Repeating unwanted thoughts that do not reflect who you are

“I HAD AN UNWANTED THOUGHT IN A SACRED PLACE—DOES THAT MEAN I’M BAD?”

Feeling overwhelming responsibility

“WHAT IF I LOSE CONTROL AND HURT MYSELF OR SOMEONE I LOVE?”

A need for things to feel *just right*

“IF I DON’T PRACTICE MY FAITH PERFECTLY, SOMETHING BAD MIGHT HAPPEN.”

COMPULSIONS

Actions—internal or external—done to reduce distress or feel safe

REPEATING, CHECKING, REVIEWING, PRAYING, COUNTING, OR OTHER BEHAVIORS

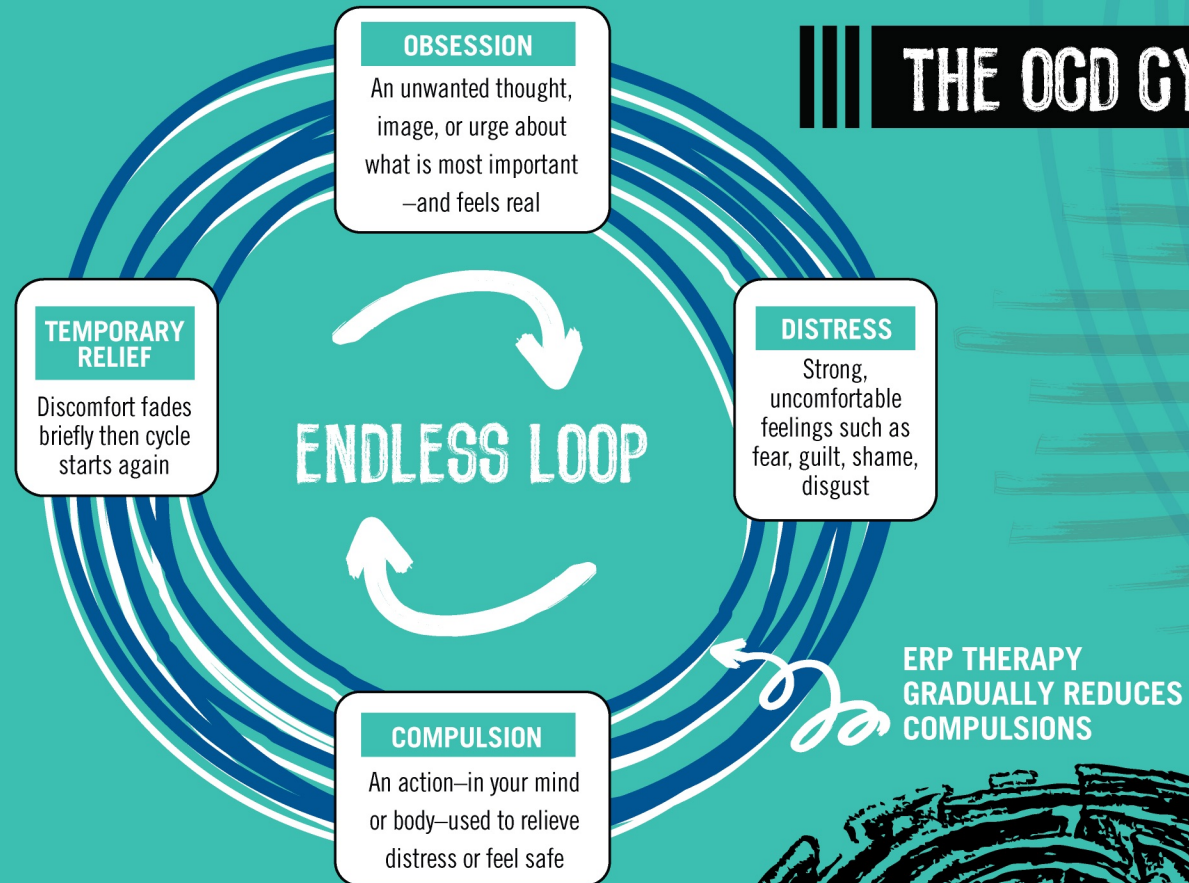
Carrying excessive guilt

OVER-APOLOGIZING, CONFESSING, SEEKING REASSURANCE, OR SELF-PUNISHMENT

Withdrawing to protect yourself or others

AVOIDING PEOPLE, PLACES, OR SITUATIONS, OR HIDING PARTS OF YOURSELF

THE OCD CYCLE



KEY TAKEAWAYS

- OCD seeks certainty and “just right” feelings.
- The distress is real—and you are not alone.
- With support and ERP, **recovery is possible.**

