

Hello,

This is my attempt to help those who are still suffering from pure ocd.

understanding the condition ( pure O ) in a right sense is the key to disable it. please don't see it as a disorder because it's not as it is perceived by many psychologists and experts..it's a just a confused state of mind which needs your help to set right. most of the sufferers believe it is the mind which is acting against them however that's not true indeed, it's the other way around your mind is actually a victim of this condition.

First and foremost step is to understand what type of pure o do you have. Pure OCD is based on two type of feelings 1. Guilt and 2. Anxiety so it is very important to understand what kind of pure o you are experiencing. This can be done by analyzing your rituals/compulsions through which you are seeking relief.....quarter of your problem is solved.

generally pure ocd is purely guilt based condition. Analyzing your thoughts will give you better picture of this.

You believe that the problem are the thoughts which cause distress as they reoccur every-time. And our mistake is we only focus on getting rid of them but this is wrong again thoughts are not a problem i repeat thoughts are not a problem and they can never be. you can never stop your mind from producing thoughts the only time your mind will stop producing thoughts is when you are dead.

These bad thoughts are just the outcome of the condition( pure O) the main problem is the feeling which drives or creates these thoughts. To prove this just think when you are scared what kind of thoughts do you get " scary " when you are in love you get "romantic" thoughts these are just examples to help you understand the mindset and what creates thoughts.

Now lets focus on the main reason why do we get these obsessional thoughts. It's the feeling of guilt that creates these guilty thoughts...you must be wondering how can someone feel guilty without doing anything ..now that question opens a door for a solution because you are not feeling guilty of thinking it but doing it ( You do something in your thoughts ) the thought is about an unacceptable action ( against your self esteem) so the thought is not about you WILL harm someone however it is about you HAVE ALREADY harmed..we only feel guilty of actions. ..Take a minute and think about it.

Ex: (Harm obsession):Feeling/thought of you already killed someone, not that you are going to or will kill someone. Take a minute and think about it.

Ex: (Sexual Obsession) : Feeling/thought of you molested someone not that you are going to or will molest.

Ex: Insult : You already said bad things about your mother/boss/friend or yourself.

These assumed actions creates guilt feeling and gets stuck in the mind and makes you feel bad/helpless. The things you tell to yourself in an attempt to undo the thought gets registered in your sub conscious mind which leads to another obsession..All obsessions ( assumed actions) are situational.

SOLUTION: Now that you are aware that you are feeling guilty without actually do it. Half of the problem is solved. This can be done by conscious thinking "HAVE I DONE IT" or "DID IT HAPPEN" the conscious mind gets aware that this feeling is irrational which will stop the guilt feeling. So no feeling no thought. You may get the thought again but the feeling attached to it wouldn't be so strong..it can easily be ignored...

when the obsession occurs..Just be aware that " you have not done it " or " Said it " or " it din't happen"..God willing you will feel much better and everything gets perfect again.

Please remember that your mind is the best therapist in the world. God bless you all..Happy living.