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By Christine Purdon .pdf**

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It's a good idea to voice your obsessive thoughts to a professional and well-trained therapist to help you develop more strategies to overcome obsessive ideas.

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Overcoming Obsessive Thoughts is the best book on OCD that I have ever seen. This book helps you understand and help yourself with those intrusive thoughts and

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Obsessive thoughts can be overcome through a combination of thought stopping, mindfulness and positive self-talk.

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The mind generates thoughts constantly. ONLY the thoughts you find important have the potential to become obsessive. Detach from them and they'll go away!

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These thoughts are like having a rock in your shoe. If an obsessive thought is a cry for help and it is bring the help that's asked for.

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Overcoming Obsessive Compulsive Disorder: Thoughts: How to Gain Control of Your OCD, needs of those who struggle with obsessive thoughts they

### **Obsessive-compulsive behavior**

Getting control: Overcoming your obsessions and compulsions Overcoming obsessive thoughts: How to gain control of your OCD. Christine Purdon,

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Most people who get stuck with obsessive thoughts, or people who have an anxiety condition (where their brain is constantly thinking anxious thoughts), fail to

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