

Name: _____

Date: _____

OCD - Obsession Compulsive Disorder

I J J E L B I S N O P S E R W T T V M K F C G C
L P C G U Z H K D M P M T U Q W R B T W Z H Q V
R E L Z A P H R E G E U L N L D O F I H Y E M R
E R B C B H G B S N E D N C E F P V I T H C Y L
C F I I C M E Q T Z E L I O P K P I O X A K F W
U E L B X J G A M J G J Y C I N U Y W F F I O R
R C N L N O L Q N K C T F J A T S A Y B Q N G T
R T A R V H N M C J F P D B J T A X V B W G U F
I I I D E T Z T J T O W K C E S I R F Q D P I O
N O Z A R T N E M T A E R T T F P O T S N V L L
G N L Q A Q Z O A U B V K H J S R Q N S M Q T O
T T X O G N I D R A O H G S L G O I E L U V Z Z
H S S Z B B Q T G C A U W Y E N Z G R M T R R Z
O K T Y Y S K G F N O L T U Y I A J O K H U F Z
U M B R M B L R V H I E B Q A L C A C S O N Y S
G H N F E P F C T I I T N P D E B C M I T T P P
H P H D G S T Y N X F K A O V E L T V I B E L Q
T L L U V O S O N K T S D E C F M A P C C R V N
S M K D F D W A M Z U M X U P D H V C I F H A T
U E J F S N O I S S E S B O W E T G F Z P N V R
N O I T A N I M A T N O C D B N R I X V L F M H
B I W Y P A R E H T O H C Y S P C S E Q D Z H H
Z P H S Q H L S D N A H G N I H S A W N B C J L
U U F F L Y T I M E C O N S U M I N G V F E A R

Recurring thoughts
Washing hands
Medication
Treatment
Symptoms
Support
Zoloft
OCD

Time consuming
Contamination
Perfection
Repeating
Checking
Anxiety
Guilt

Mental Health
Frustration
Obsessions
Feelings
Hoarding
Stress
Fear

Psychotherapy
Responsible
Behaviour
Thoughts
Specific
Prozac
CBT