

Quick guide 5 Different OCD types

1. Contamination obsessions with washing/cleaning compulsions

Eg. Touching door knobs/handles (fear of contracting germs from other people).

2. Harm obsessions with checking compulsions

Eg. Gas or electric stove knobs (fear of causing explosion and therefore the house to burn down).

3. Obsessions without visible compulsions or so-called “pure obsessions”

Eg. For example, experiencing intrusive thoughts about being a rapist or that you will attack someone

4. Symmetry obsessions with ordering, arranging and counting compulsions

Eg. Having canned food items all facing the same way, usually forward.

5. Hoarding

Eg. Often your living space becomes so consumed with clutter that it becomes impossible to live in