

Taboo Thoughts

OCD can often involve taboo, scary, or shameful thoughts that we experience as very disturbing. These thoughts may not be talked about due to their taboo nature, fear of judgment from others, and concern that you're the only one with those thoughts. It helps to recognize that you're not alone and that these obsessions sometimes happen in OCD.

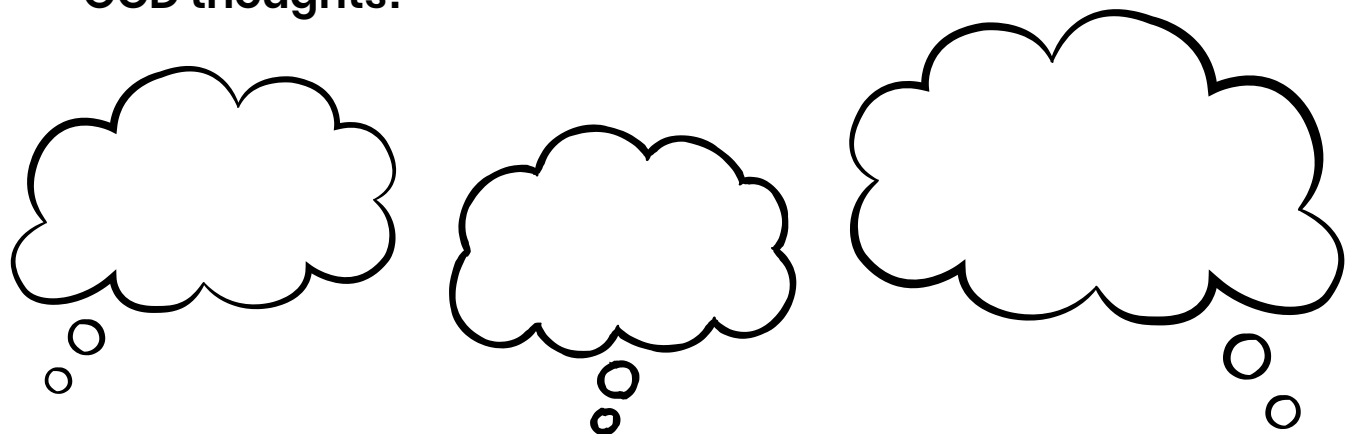
Some examples of unwanted, taboo, scary, or shameful thoughts that people with (and without) OCD may experience:

- Harm obsessions may include thoughts of:
 - Accidentally or purposefully harming someone, or something (eg pets)
 - Accidentally or purposefully harming yourself such as suicide
 - Wishing someone would die or get hurt
 - Intrusive images of loved ones being killed
- Sexual obsessions may include thoughts of:
 - Pedophilia
 - Bestiality
 - Incest
 - Thoughts of sexual body parts
 - Images of other people having sex
 - Sexual thoughts in platonic relationships

These thoughts are ego-dystonic, meaning they go against our values, moral code, religious beliefs, or genuine desires.

However, the shame that comes along with these obsessions can be very powerful, leading us to feel pessimistic about the future, doubt treatment, and other recovery interfering problems.

What words or labels come to mind when you think of your OCD thoughts?



How have your OCD themes or thoughts made you think of yourself? How have you judged yourself?

How does it feel to write that down?

Think of someone you know who suffers similarly to you. Maybe it's the people in this group, someone you know, or someone you see online.

Who are they and how do you know them?

If you could say anything to that person(s) what would it be? What would it feel like to say those things? what tone of voice would you use? What things you would you NOT do? Address them by name.

Have you ever talked to yourself that way when you're in the trenches of OCD? Why/why not? What would it feel like to talk to yourself in that way? to use that tone of voice with yourself when you're struggling?

***Go and substitute your own name in those sentences.*
Practicing self-compassion might not feel authentic at first, but with continued practice, you will soon adopt more compassionate language and attitudes that have been shown to help with recovery.**