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# Overcoming Obsessive Thoughts How To Gain Control Of Your Ocd

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## **MASON MCKEE**

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Obsessive Thinking.

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Intrusive Thoughts.

Overcoming Obsessive Thoughts How To

Coping Strategies for

Overcoming Obsessive

Thoughts 1. Make a

list. Make a list of all

your obsessive

thoughts. 2. The 3

Second Rule. Allow

yourself 3 seconds to

think about the

obsessive item,... 3.

Learn how to Relax.

Say the word " relax " softly in your head and take a deep breath. 4.

Learn ...7 Coping

Strategies for

Overcoming Obsessive

Thoughts ...These

obsessive thoughts are often violent, sexual, or fearful in nature. The

thought may change

depending on the

situation (more on that in a moment), but once

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thoughts include: Fear

of getting sick.How to  
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Disturb You. 2. Attend  
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3. Don't Fear the  
Thoughts. 4. Take  
Intrusive Thoughts  
Less Personally. 5. Stop  
Changing Your  
Behaviors. 6. Cognitive  
Therapy for Treatment  
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Thoughts. 7. ...7 Tips  
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ThoughtsRepetition is a  
sign that you need to  
change. A part of you  
is calling out to get  
your attention. These  
thoughts are like  
having a rock in your  
shoe. It's not  
reasonable to ask the  
rock to quit hurting you  
or to see it as your  
enemy. The pain the  
rock causes is only  
asking for a  
remedy.How to Stop  
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something else can  
help break the thought  
cycle and remind you  
that you have more  
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thoughts than you  
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Yourself. While we all  
wish that we could  
have obsessive  
thoughts about how  
amazing we are, we  
most likely experience

the opposite. How to Stop Obsessive Thoughts in Their Tracks | The Everygirl One Practice to Overcome Obsessive Thoughts Your body is an information powerhouse. Your body's cells not only store nutrition, ... Bringing relaxed awareness to obsessive thoughts. Releasing negative energy from your being. Some effects of energy detox. I would estimate that close to 70% of the ... One Practice to Overcome Obsessive Thoughts | CalmDownMind.com The mind generates thoughts, which are mostly just energy forms. These thoughts pass through like clouds. We identify with some of these thoughts and obsess over them. So in truth,

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**Ten Things You  
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Overcome OCD**

Ten Things You Need  
To Know To Overcome  
OCD. ... Although you  
can resist performing a  
compulsion, you  
cannot refuse to think  
an obsessive thought.  
Obsessions are  
biochemically  
generated mental  
events that seem to  
resemble one's own  
real thoughts, but  
aren't.

Repetition is a sign  
that you need to  
change. A part of you  
is calling out to get  
your attention. These  
thoughts are like  
having a rock in your  
shoe. It's not  
reasonable to ask the  
rock to quit hurting you  
or to see it as your  
enemy. The pain the  
rock causes is only

asking for a remedy.  
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"Overcoming  
Obsessive Thoughts is  
the best book on OCD  
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This book helps you  
understand and help  
yourself with those  
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and the severity can range from mild but annoying, to all-encompassing and debilitating.

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3. Don't Fear the Thoughts.  
4. Take Intrusive Thoughts Less Personally.  
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When I'm in an obsessive state, I do that exercise once, say, every five seconds. ... but you don't need fancy images to get the buggers out of your head. Whenever my thoughts take on a life ...

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The mind generates thoughts, which are mostly just energy forms. These thoughts pass through like clouds. We identify with some of these thoughts and obsess over them. So in truth, all thoughts are just neutral energy forms; it's your interest or association with the thoughts that makes them obsessive.

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These obsessive thoughts are often violent, sexual, or fearful in nature. The thought may change depending on the situation (more on that in a moment), but once they've entered your mind, you'll often do anything you can to get rid of them. Some examples of obsessive thoughts include: Fear of getting sick.

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