



# Mythbuster

Children and adults that suffer from **O**bsessive-**C**ompulsive **D**isorder do not do compulsive behaviours for pleasure or because they're fussy.

They actually feel like they have to carry out this behaviour or ritual because of unwanted distressing, anxiety provoking intrusive thoughts and feelings.



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**OCD - It's more than you think!**

# SOME FACTS

ABOUT

# OCD

If you've  
ever said  
*"I'm a little  
bit OCD"*,  
then this  
handout is  
just for you!

## OCD fact

**O**bsessive-**C**ompulsive  
**D**isorder can impact on the  
whole family not just the  
sufferer.

Loved ones often get drawn  
in to helping the sufferer with  
compulsive rituals that disrupt  
and put pressure on their lives.

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