

Introduction

- "I couldn't do anything without rituals. They invaded every aspect of my life. Counting really bogged me down. I would wash my hair three times as opposed to once because three was a good luck number and one wasn't. It took me longer to read because I'd count the lines in a paragraph. When I set my alarm at night, I had to set it to a number that wouldn't add up to a "bad" number."
- "Getting dressed in the morning was tough because I had a routine, and
 if I didn't follow the routine, I'd get anxious and would have to get
 dressed again. I always worried that if I didn't do something, my parents
 were going to die. I'd have these terrible thoughts of harming my parents.
 That was completely irrational, but the thoughts triggered more anxiety
 and more senseless behavior. Because of the time I spent on rituals, I was
 unable to do a lot of things that were important to me."

Medical Model

- Definition of OCD
- Examples of OCD
- Examples of Compulsions
- Causes of OCD
- Diagnosis of OCD

Biblical Model

- Distinguish between physical and spiritual issues.
- Discern and address potential heart issues.

Potential Heart Issues

- The need for certainty
- The need for control
- The desire for a "black and white" world
- The need for perfectionism
- The fear of man



