



## OCD: When I Just Can't Stop Thinking About It!

### Additional Notes:

- I. Introduction: What is OCD and why am I so interested in it?**
  
- II. Definition: Obsessions and Compulsions**
  - A. Obsessive-compulsive disorder (OCD) consists of recurrent intrusive thoughts, images, or urges (obsessions) that cause anxiety or distress.**
  - B. The obsessions are followed by repetitive mental or behavioral acts (compulsions) that the individual feels driven to perform, either in response to an obsession or according to rules that he or she believes must be applied rigidly.**
  - C. Popular examples: Monk, Howard Hughes**
  
- III. OCD and me**
  - A. The garage door.**
  
  - B. Practicing Medicine requires a little Obsessive Compulsiveness!**
  
  - C. Dealing with intrusive thoughts.**
  
- IV. Current Treatment**
  - A. Cognitive Behavioral Therapy**
  
  - B. Medication**



**Additional  
Notes:**

**V. Ben and Emily's history until VOH.**

**VI. VOH: sometimes you need a lifeboat!**

**A. The value of a residential facility in the struggle.**

**B. The help that a regular structure gives.**

**VII. Biblical Counseling, Brain Lock and The Four R's.**

**A. Re-label Philippians 4:8**

**B. Re-attribute Romans 5:12**

**C. Refocus Romans 6:16-18**

**D. Revalue Galatians 5:16-26, 6:7-9**

**E. The importance of perseverance!**

**VIII. The difference between integration and finding how medical science fits into the framework of the scriptures.**