

Types of Obsessions and Compulsions

Obsessions	Compulsions
Fear of contamination	Cleaning or washing rituals
Pathological doubt	Repetitive checking
Sexual or Violent intrusive thoughts	Repetitive undoing thoughts
Fear of causing harm	Repeated checking
Need for symmetry and exactness	Ordering or arranging things
Religious obsessions	Religious rituals e.g. excessive praying
Superstitious obsessions	Superstitious rituals e.g. repeating activities a certain number of times

Treatment Of Obsessions

Wolfgang Guggemos



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