

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

Understanding Obsessions And Compulsions

Yi-Tong Ma



Understanding Obsessions And Compulsions:

Understanding Obsessions And Compulsions Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Understanding Obsessions And Compulsions**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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