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Frightening, Obsessive, or Disturbing Thoughts ... Freedom from Obsessive Compulsive Disorder ...

Amazon Best Sellers: Best Obsessive Compulsive Disorder

From here, name the obsessive thoughts. Try writing them down so, as Bruce M. Hyman and Cherry Pedrick write in The OCD Workbook, you can “ examine these thoughts [to] understand how they ’ re triggered and how you ’ re currently responding to them. ”

How to Stop Obsessive Thinking | Talkspace

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aab aabb aac aacc aace aachen aacom  
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