

Compulsions are things you think about or do repeatedly to relieve the anxiety from your obsessive thoughts.

You might believe that you or someone close to you might come to harm if you do not do these things. You may realize that your thinking and behavior is not logical but still find it very difficult to stop.

There are different types of OCD, which include:

- Contamination
- Checking
- Intrusive thoughts
- Hoarding