

zaid Soufi



# WHAT IS **OCD?**

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Obsessive-Compulsive Disorder (OCD) is a mental health condition that impacts the daily lives and well-being of those who suffer from it.



ZAI**D** TH**=**INKS

THINK & THRIVE

My mission is to motivate busy or lazy people to read more. I do this by writing very short books — literally one word per page. The whole book can be finished in less than 20 minutes. For the extra curious, each page may also contain an optional hidden message.

It's completely your choice!

## **Reading instructions**

1. Open this book.
2. Scroll down.
3. Read all the big black words — there's only one word on each page.
4. Hungry for more? Look for the hidden sentences at the bottom of each page.

**Have fun!**

What is OCD?

# OCD

Obsessive Compulsive Disorder is one of the most common mental difficulties

# Is

Is it possible to change your mindset?

# Unwanted

Unwanted thoughts feel like a wave of discomfort

# Repetitive

Repetitive behaviour is probably something you see  
often

# Thoughts

Thoughts that are not constructive, but just disturb your mood

# That

That is not the end of the world, believe me

# Lead

Lead your brain, and it will follow your path

# To

To you it may seem unstoppable, but it is!

# Compulsion.

Compulsions are small actions done to feel better

# They

They are not completely out of your control

# Can

Can you try to reduce them one step at a time?

# Be

Be the one in control of your mind and not the other way around

# Tiring

Tiring is the feeling you get when you don't try to stop

# But

But you've got this — little by little, every day

# There

There is always something you can do

# Is

Isn't that great? Knowing that it will be alright

# A

A true warrior is the one who wins the battle inside his  
mind

# Way

Way of fear begins with awareness

# Out

Out of nowhere, everything can change in a single second with one tool: Knowledge

**The End.**

## **Stay in touch with me**

Make sure to follow my social media accounts if you want free content about stress, anxiety and panic.

- [Instagram](#)
- [Threads](#)

**Till soon?**

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“OCD is not a choice, but recovery is.”

Unknown