



# Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder

*Timothy Sisemore PhD*

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You may not know anyone else who suffers from repetitive “stuck” thoughts and compulsive rituals, but plenty of other teens experience symptoms of obsessive-compulsive disorder (OCD): the need to repeatedly wash their hands, check to make sure everything’s okay, count possessions, put things in order, or even repeat thoughts over and over. Rituals like these may calm you down when you’re feeling stressed or anxious, but you know all too well that the relief is temporary and you’ll have to repeat the ritual when you start feeling uneasy again. This cycle can make you feel trapped, but also may seem impossible or even frightening to break.

*Free from OCD* offers forty easy cognitive behavioral exercises to help you move past your symptoms and live freely and flexibly, without fear. You’ll finally be able to stop compulsive thoughts in their tracks and keep them from coming back.

This book helps you learn to:

- Notice when thoughts are based in reality and when they’re exaggerated
- Recognize and neutralize situations that trigger your symptoms
- Make friends and feel more confident in social situations
- Use relaxation techniques instead of falling back on your rituals

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