

OCD in GYE

Posted by trueme - 12 Jun 2025 22:52

Not sure if this is the proper place or site for such a thread but here goes.

Some of us in GYE have OCD.

Some are B'chasdei Hashem in a very manageable mode and are even thriving.

Some are working hard to help themselves.

And some might be suffering without help.

Ive suffered from OCD in the past and what helped was when I started to really spiral, I caught it early (with the help of others) and an excellent therapist

After exposure therapy and mindfulness techniques, I was doing much better, even great. I have flare ups from time to time, but BH, nothing major.

So why is this thread here?

Several reasons:

1) For some, (many?) anxiety and OCD can be a trigger for P and/or M. The chat can be a helpful support system.

2) There is no such platform in the frum community for those struggling with OCD - this is sort of piggybacking on GYE, but reason 1 still stands...

1 rule.

PLEASE DO NOT POST advice unless you are a therapist (With knowledge of OCD on a practical level) or you are someone that has suffered/is suffering with OCD. This is just meant to prevent well meaning individuals from posting things that are not practical or even hurtful. (Sympathy and "thank yous" are welcome from all!!)

Thanks Fighterwithfire for the inspiration for this and YitzchokM for pushing the idea.

Two important points.

Posting and getting support is awesome and I feel it was super hard for me because I didn't have that - but there is no substitute for actual therapy. OCD isn't solved in a support group, if you have it or people near and dear are begging or threatening you to get help - DO THAT ASAP. This is just to compliment actual therapy

This thread's success is going to be based on the feedback and responses. If it's active, it can be great. If not - it could be a DOA. If you want it badly, respond and let's make it happen. It's truly astonishing that we don't have a forum support system for OCD...

maybe this can help.

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Re: OCD in GYE

Posted by trueme - 13 Jun 2025 21:12

To open up, I'm posting something which I put on another thread, it's in response to something said but its place is really here

Religious OCD is a feeling of a never ending sheer nightmare.

For me it included waking up in middle of the night in cold sweats and always thinking I had made something treif and I owe someone money and I'm going to hell or coming back as a cat. Imagine feeling that - in a very real way - throughout the day.

It's hell on earth.

Thank Hashem I'm on the other side now but this is an incredibly painful experience - not just about doing mitzvot right or building a house like Pharaoh - but the (constant) fear of frying in hell, the fear of coming back as a gilgul, and the fear that your marriage or divorce wasn't correct halachically. These are real life examples, not theoretical possibilities. It is sheer torture and I have not heard anyone belittle it or rank it low on the mental health totem pole, but someone

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It can basically reduce a person to often curling in a fetal position in fright (when no one is looking) and feeling nauseous and about to pass out. And being productive? Forget about that.

that does has no clue what they are talking about. (BH for that
The good news is that therapy is incredibly effective, especially if caught early on. For some, medication helps/compliments as well.

It is very treatable, but you gotta get help. ASAP.

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Re: OCD in GYE

Posted by azivashacheit101 - 15 Jun 2025 12:51

Thank you for this thread, I think it's a great idea. I suffer from OCD mainley pertaining to yiddishkiet and olam habah, right now it's in a pretty good place, but I do get large flare ups sometimes.

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Re: OCD in GYE

Posted by trueme - 15 Jun 2025 20:10

Thanks, for the feedback.

Please excuse if I ask some basic questions, to be clear and for myself or others to offer support.

1. Do you know you have OCD from yourself or a professional?
2. Have you been or are you in therapy?
3. Does this trigger P & M as an escapist activity?

Thank you and you aould have tremendous success.

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