

## OCD in GYE

Posted by trueme - 12 Jun 2025 22:52

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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 didnt 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 its 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 dont have a frum support system for OCD...

maybe this can help.

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Re: OCD in GYE

Posted by meshivasnofesh - 25 Jun 2025 06:31

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[trueme wrote on 25 Jun 2025 03:13:](#)

[justwannabefree wrote on 20 Jun 2025 22:59:](#)

I was never officially diagnosed but I don't doubt that I suffered from at times paralyzing anxiety and doubts. I broke my longest streak of over a year during my first encounter with these extreme anxiety feelings. I'm definitely not a therapist but you said as long as you suffered you can offer advice so ill just say that what finally worked for me was **acceptance. Tell yourself you accept everything even the anxiety itself. Say welcome anxiety so glad your here. Oh your afraid of fill in the blank? Yes that's definitely very possible your right that blankblankblank might be true or might happen. I'm just fine with the thought of that lurking in my mind I don't need you to leave.. whatever you get the idea.**

Also another thing that helps is that sometimes (not always) it's possible to quickly switch topics in your mind, not to fight your current thought but start thinking about something else preferably that interests you. Can't say I'm perfect( and I accept that too! I accept that I may live with this to a certain extent) but I'm bh very far along after some effort with this stuff. Hatzlacha raba this is a really hard fight but I really believe you can get past it

yours truly jwbf

Interesting. Did you come to this idea/conclusion yourself? Thats quite remarkable. My therapist calls this exposure therapy. (The actual therapy can be more intense, not just saying "ok" to thoughts, but actually triggering the obsessive thoughts with action and sitting with the thoughts in "ok, lets say that's true mode".)

This was what worked most for me, too.

I second trueme!! brilliant post. the second mehalchich also fits with the whole psychology of obsessive thinking, that dismissing the thought, tells your brain that it's not a threat and you don't have to think about it so much. I also found that I needed a combo of both these mehalchim.

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Re: OCD in GYE

Posted by trueme - 06 Jul 2025 04:18

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Has anyone used mindfulness effectively regarding lusting?

Please share your experience if you can.

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