

ocd

Posted by Awesome - 25 Feb 2018 03:05

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Hi i am having trouble with ocd not shmutz.

Anyone know if the 12 step program works for that?

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Re: ocd

Posted by lifebound - 25 Feb 2018 04:25

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Hello, welcome!

From my very limited knowledge of the 12 steps and doing a quick Google search, I would say that yes the 12 step program probably can be used for OCD. There appears to be a few 12 step fellowship websites for mental health in general and OCD in specific.

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