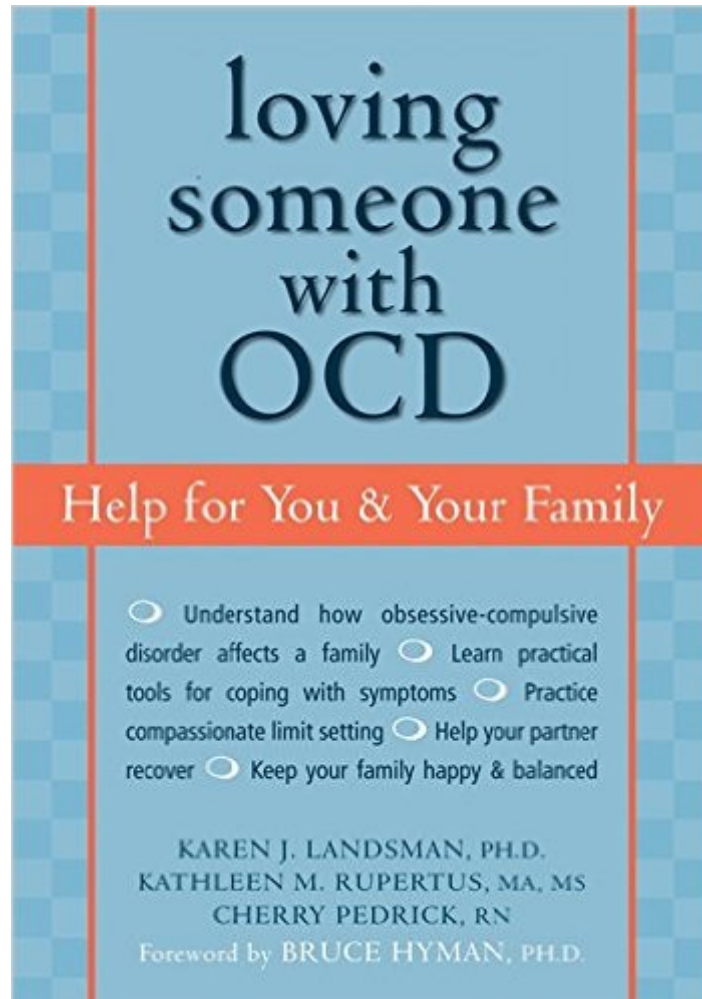


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# Loving Someone With OCD: Help For You And Your Family



## Synopsis

People who suffer from mental illness rarely do so alone. Their families and loved ones face their own set of unique challengesâ ”problems that deserve their own resources and sources of support. This is the first book written specifically to the loved ones of people with obsessive-compulsive disorder (OCD). It helps readers examine how OCD affects their lives and offers a straightforward system for building a healthier, more constructive relationship with OCD sufferers. The book contains basic information about OCDâ ”its definition, cause, and symptomsâ ”and a brief overview of treatments available for the disorder. After these introductory sections, the book focuses on ways readers can foster a healthy relationship with someone with OCD. It includes tips for increasing family involvement, making accommodation for the disorder in daily life, and creating an action plan for change using family contracts. The book also covers relational topics such as parenting and marriage, self-care, and support networking. Throughout, the book illustrates important points with the real-life stories of families living with OCD.

## Book Information

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## Customer Reviews

I purchased this book to help understand a boyfriend who has been diagnosed with obsessive compulsive disorder. While he shared with me a bit about what it was like, I also wanted to learn about the condition from an objective, clinical perspective. This book is a well written, helpful guide to living with and loving a loved one who has OCD. It provides straight forward, factual information

about the disorder, without spending excessive time on purely medical and technical information. It also provides great advice for learning how to cope with the challenges and frustrations that loving someone with OCD imposes on you, as well as advice about how to support and help your loved one live more peacefully with OCD. It is important to note, however, that OCD is a serious, mental health condition, that really needs treatment from a mental health professional. Simply buying this book and learning the practical skills described won't effectively treat your loved one's disorder. OCD often needs to be treated with medication, as well as behavioral therapy and psychotherapy. Although your loved one may have OCD, please remember that ultimately it is their responsibility to seek appropriate health such as medication and therapy. It can be an extremely heavy burden to live with someone with OCD who is unwilling to do the work that is needed to better cope with their disorder in everyday life, as well as be a better partner to you - and that burden should not be yours alone. Unfortunately, my prior boyfriend with severe OCD was only willing to obtain prescriptions for anti-anxiety medications to sort of numb himself to the world, and was unwilling to continue seeing a therapist for cognitive therapy, so he is living a less than optimal life with OCD.

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