

# OCD: Easy Explainer Visual Map

## Stage 1: Body

"I cannot function properly due to too much stress or trauma"

"I am unable to fix the stress or trauma issues myself, so I will ask the subconscious mind to fix them for me"

## Stage 2: Subconscious Mind

"I cannot solve complicated issues like stress or trauma, so I try to alert the part of us that can — the conscious mind. But I cannot directly tell it what the issue is, because I don't speak the same language. Instead, all I can do is try to get its attention indirectly by sending a message — a made-up thought — to the brain"

## Stage 3: Brain

"When I receive this thought, I interpret it as a threat and generate anxiety"

## Stage 4: Conscious Mind

"I can feel the anxiety, it's not pleasant"

"I have two immediate options to choose from"

### Option 1 Avoid the anxiety

This works in the moment, but because the subconscious mind's message isn't being heard, it is forced into creating a loop that produces even more thoughts and anxiety in the near future."

Avoidance stops recovery from happening.

### Option 2 Experience the anxiety

Yes, you may feel more anxious initially, but this is the first vital step in recovery. When you allow yourself to experience the anxiety, within a matter of weeks or months, the following begins to happen:

- The thoughts and anxiety reduce significantly
- Your overall mental headspace improves

### Address the Root Cause

As your mental headspace improves over time, you become ready for deeper therapy — through psychoanalysis — that resolves the stress or trauma driving the OCD and leads to permanent, long-term healing.

Loop