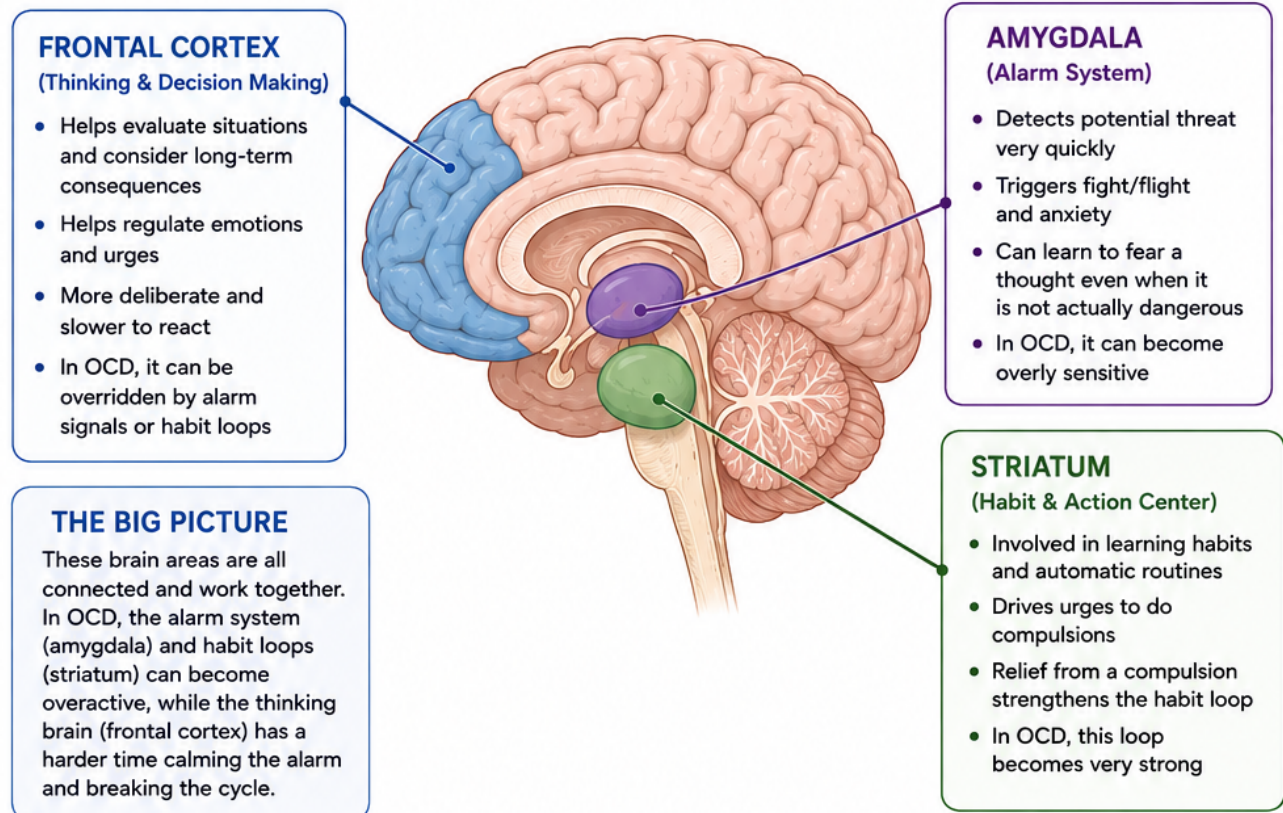


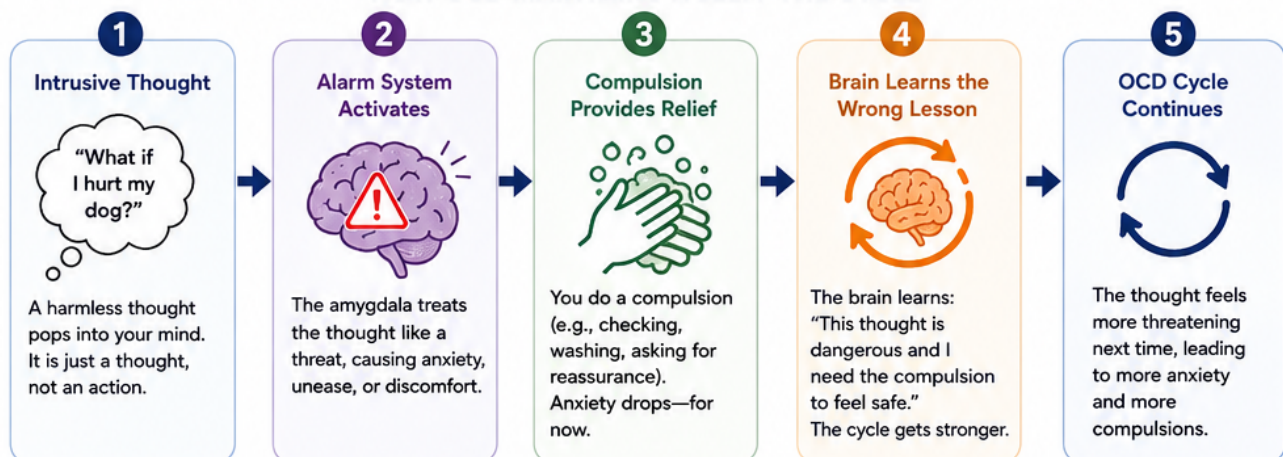
THE BRAIN AND OCD

Why Harmless Thoughts Can Feel So Threatening

In OCD, a harmless thought can trigger the brain's alarm system. Relief from a compulsion teaches the brain that the thought is dangerous and that the compulsion is needed. Over time, this cycle gets stronger and keeps OCD going.



HOW OCD MAINTAINS ITSELF: THE CYCLE



HOW TREATMENT HELPS: EXPOSURE AND RESPONSE PREVENTION (ERP)

ERP breaks the cycle by helping your brain **learn something new**.

- ✓ You face the thought and the uncomfortable feelings without doing the compulsion.
- ✓ This gives your brain new information.
- ✓ Over time, the brain can learn: **"I can have this thought and uncertainty without treating it like an emergency."**



KEY TAKEAWAY

You are not broken. Your brain is trying to protect you, but it has learned the wrong lesson. With practice, your brain can learn new, healthier lessons.

