

# Thoughts, feelings, and actions

are all connected. Let's think about how!

What will Clara do to celebrate good news?



How does Clara feel?




How does Adam feel?



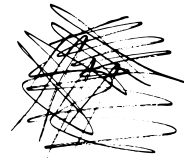
What could Adam do?

# People with OCD

have the same connections between thoughts, feelings, and actions. OCD works like this:



**Thoughts**  
which are hard to ignore



**Feelings**  
which aren't nice



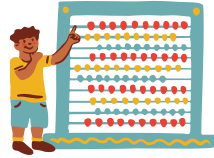
**Actions**  
to stop the thoughts and feelings

People with OCD do lots of different things to stop bad feelings and thoughts. Some of the most common things are:



**Hoarding:** this means keeping lots of things, or not wanting to get rid of them.

**Counting:** this means counting things in their house or daily life over and over.



**Cleaning:** people with OCD may clean their house or their hands and body more than they need to.



But isn't it normal to do those things?

Of course! These things are usually only a sign of OCD if they are done too often, or if the person feels they can't stop.



Got any more questions? Why not ask an adult to research OCD together?