

# Married To OCD



**Stop OCD From  
Ruining Your Marriage**

# Married To Ocd Stop Ocd From Ruining Your Marriage

**Erin Ramachandran**



## **Married To Ocd Stop Ocd From Ruining Your Marriage:**

**Freedom from Obsessive Compulsive Disorder** Jonathan Grayson, 2014-05-06 Nearly six million Americans suffer from the symptoms of obsessive compulsive disorder which can manifest itself in many ways paralyzing fear of contamination unmanageable checking rituals excessive concern with order symmetry and counting and others Freedom from Obsessive Compulsive Disorders provides Dr Johnathan Grayson s revolutionary and compassionate program for finally breaking the cycle of overwhelming fear and endless rituals including Self assessment tests that guide readers in identifying their specific type of OCD and help track their progress in treatment Case studies from Dr Grayson s revolutionary and profoundly successful treatment program Blueprints for programs tailored to particular manifestations of OCD Previously unexplored manifestations of OCD such as obsessive staring Relationship OCD R OCD obsessive intolerance of environmental sounds and chewing sounds Therapy scripts to help individuals develop their own therapeutic voice to motivate themselves to succeed New therapies used in conjunction with exposure techniques Trigger sheets for identifying and planning for obstacles that arise in treatment Information on building a support group And much more Demystifying the process of OCD assessment and treatment this indispensable book helps sufferers make sense of their own compulsions through frank unflinching self evaluation and provides not only the knowledge of how to change but the courage to do it **Mental Health Strong** Erin

Ramachandran, 2019-05-20 Do you feel hopeless tired and worn out Do you feel as though you re losing your own mind Are you ready to give up on your marriage because of your spouse s mental health or addiction challenge Twenty percent of the US adult population is diagnosed with a mental health condition each year Fifty percent of the US adult population is married Twenty to 80 percent of marriages where a mental health condition exists are more likely to end in divorce depending upon the diagnosis In Mental Health Strong Erin Ramachandran and her husband Keith believe their purpose is to help marriages affected by this 20 50 80 statistic not merely survive but thrive They encourage marriages impacted by mental health or addiction challenges to work toward being Mental Health Strong Written from the perspective of a spouse whose partner battles multiple mental health conditions this guide offers real life faith based practical examples and resources Mental Health Strong leverages more than fifty resources that have worked for Erin as she lives with the realities of her husband s mental illness day in and day out Erin shares steps which include prayers and Bible verses that spouses can adopt to walking resiliently alongside their partners against the backdrop of a mental health condition **Finding Rest** Jonathon M.

Seidl, 2021-09-28 Jon knows better than most what it means to battle anxiety and how to forge a path to victory He also treats it with care and pushes the conversation to places that it hasn t often gone in the church Kirk Cameron In the aftermath of the pandemic even those who have never struggled with mental health have found themselves reeling looking for answers they don t know how to find For Christians especially those who ve despaired of help from a church that has too often stigmatized mental health challenges as a lack of faith the way forward can be particularly difficult to see Jonathon Seidl

aims to fix that Having fought his own way through crippling anxiety life altering OCD and suicidal thoughts he knows the value of concrete advice grounded in strong biblical truth Instead of the trite or unsympathetic counsel that s often given Finding Rest is practical personal and productive Full of compelling stories humor from a guide who s still on his journey and scriptural truths this book offers real hope and help It also provides a lifeline for friends and family who long for ways to help relieve the suffering of their loved ones And it lays out thoughtful needed paths for the body of Christ to become a refuge of hope for the anxious

**Is It You, Me, or Adult A.D.D.?** Gina Pera,2022-03-31 Winner of four national book awards Revised First Edition 2022 Is It You Me or Adult ADHD has helped thousands of readers worldwide to understand how this highly variable syndrome affects them Professionals and couples who have elevated their lives with its wisdom recommend it to others In this highly endorsed clearly written and comprehensive guide Gina Pera guides you in making sense of your own Adult ADHD Roller Coaster She helps you to View ADHD as a variable syndrome affecting individuals not clones Realize how a later in life ADHD diagnosis creates additional issues Revise misinterpretations of symptoms forged long ago that can thwart progress now Heal poor coping responses and dysfunctional interaction cycles as individuals and couples Implement practical supports to completing routine tasks and reaching long term goals with teamwork Appreciate how poorly managed ADHD can also negatively affect the spouses and other loved ones Delve into denial s dual nature physiological and psychological and reach through it Adopt proven approaches that remain extremely rare in clinical settings The science has been clear since 1994 when Adult ADHD was declared a medical diagnosis Still the public harbors misconceptions and that means millions suffer needlessly That includes millions of couples who can t understand why their lives together are so hard often despite many attempts at therapy The simple truth is Everyone knows someone with adult ADHD Yet we often misattribute the symptoms to anxiety depression or even laziness selfishness addictive personality or moodiness Some assume that ADHD means little boys with ants in their pants In fact childhood hyperactivity goes underground as the person matures resulting in a mentally restless state Meticulously researched and written by Gina Pera Is It You Me or Adult ADHD helps you recognizing the behaviors where you least expect them and developing compassion for everyone wrestling with unrecognized ADHD symptoms It also offers Explanations from preeminent experts Plenty of real life details Easy to understand detailed advice on the best treatment options and practical solutions The revolutionary message is one of hope for millions of people and a joyous opportunity for a better life

**Exploring the Emotional Life of the Mind** Daniël Helderman,2020-10-06 This highly innovative new book reconsiders the structure of basic emotions the self and the mind It clinically covers mental disorders therapeutic interventions defense mechanisms consciousness and personality and results in a comprehensive discussion of human responses to the environmental crisis For opens a novel psychodynamic model of happiness sadness fear and anger is presented that captures their object relational features It offers a look through the eyes of these specific emotions and delineates how they influence the interaction with other persons As regulation of the

emotional state is the core task of the self dysregulation can lead to mental disorders Clinical cases of post traumatic stress disorder obsessive compulsive disorder and depression are discussed using the model to outline the emotional turbulence underneath Finally the elaborated theory is used to analyse personal responses to the environmental crisis and political strategies that capitalise on them This book will appeal to scholars psychotherapists and psychiatrists with an interest in emotions and who wish to challenge their own implicit theory of emotion with an explicit new model It will also be of interest for academic researchers and professionals in fields where emotional processes play a pivotal role *Best Life* ,2008-06 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life *The Stevens Indicator* ,1942 Backpacker ,2008-04 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured *Stevens Indicator ...* ,1943 *OCD and Marriage* David Culkin,Michaela Culkin,2021-09 The premise of *OCD and Marriage* is simple an OCD caregiver and sufferer can successfully manage symptoms and improve their quality of life and their marital relationship OCD does not have to take over a marriage The three aims of this book are to a encourage individuals diagnosed with OCD to face the disorder head on together with their spouses in creative ways b permit married couples to reach out for support and c seek relation based healing that complements established evidence based OCD therapies Rather than approach coping with OCD from a clinical perspective the authors choose to offer sufferers and their spouses a resource they wished they had when they struggled with the myths barriers and impact of OCD Central to this is a focus on strengthening marital relationships through active creative communication This focus on communication highlights the authors belief that living with OCD is a family affair by which everyone affected whether care giver or sufferer can survive and thrive **"It'll Be Okay."** Shannon Shy,2009-03-13 Shannon Shy is a senior civilian attorney with the Department of the Navy and a retired U S Marine Corps Reserve Lieutenant Colonel In 1997 while on active duty with the Marines he was diagnosed with a severe case of obsessive compulsive disorder or OCD His OCD had become so severe he became practically non functioning He constantly found himself in a seemingly endless loop of intrusive and irrational thoughts mental anguish physical pain and odd behaviors It got to the point where he secretly and repeatedly thought that suicide would be better than the anguish embarrassment and the pain While he had suspected for several years that he had some disorder he was afraid to admit it to anyone and afraid to be diagnosed He had concluded that doing so would cause him to lose his career and his wife and two young sons Finally after some nudging from his wife and a colleague and after one very memorable OCD episode he called a psychiatrist With the aid of doctors medication and behavioral therapy he

developed an effective behavioral strategy what he calls Ground Rules and Checkpoints to manage his OCD He now lives a very happy and productive life and has for many years without medication and without doctors OCD no longer adversely affects him This book is about how a young Marine officer attorney and family man faced and overcame a relentless enemy called OCD It is a story about struggle perseverance and overcoming adversity This book is not intended as medical advice Rather it provides hope comfort confidence and insight to some practical techniques for those suffering from OCD and for those trying to help someone with OCD

*Relationship OCD* Sheva Rajae,2022-01-02 A powerful CBT approach to help you find freedom from obsessive relationship anxiety doubt and fear of commitment Do you obsess over your partner s flaws Does thinking about the future of your relationship leave you imagining the worst case scenario When it comes to navigating the world of romantic relationships some feelings of anxiety doubt and fear are to be expected But if your fears so extreme that they threaten to destroy an otherwise healthy relationship you may have relationship OCD a form of obsessive compulsive disorder OCD that causes chronic obsessive doubt and anxiety in relationships So how can you free yourself to discover deeper intimacy and security Relationship OCD offers an evidence based cognitive behavioral approach to finding relief from relationship anxiety obsessive doubt and fear of commitment You ll learn to challenge the often distorted thought patterns that trigger harmful emotions increase your ability to think rationally and ultimately accept the presence of intrusive thinking while maintaining the values of a healthy relationship Relationships are the ultimate unknown If you re ready to let go of needing to know for sure this book will help you find satisfaction and thrive in your romantic relationships in all their wonderful uncertainty

**The Obsessive Mule** Carol Serpa,2024-01-24 Do you feel like you are walking on eggshells around your partner Do you constantly have to deal with their criticism demands and unrealistic expectations Do they appear to be miserable and complain about everything Do they get so focused on doing something until it is perfect Are they intelligent and competent yet unable to make a decision Do they have an aversion to getting rid of old things and are miserly with money Do they easily lose their temper over minor things and seem to have two personalities like Dr Jekyll and Mr Hyde On one hand they are pleasant and on the other intolerant impatient and explosive And are they as stubborn as a mule Yet they are hard working and moral even though they sometimes come off as Know It Alls If you answered yes to many of these questions you may be married to someone with Obsessive Compulsive Personality Disorder OCPD OCPD is a personality disorder that affects millions of people around the world but it is often misunderstood and misdiagnosed People with OCPD are not just neat freaks or workaholics they are driven by a deep seated need for control perfection and order that can make them difficult to live with and love In this book you will learn how to recognize the signs and symptoms and how to cope with the challenges and frustrations of living with an OCPD partner The Obsessive Mule is a self help book that offers practical advice and emotional support for people who are married to spouses with perfectionistic and hostile tendencies specifically those who have Obsessive Compulsive Personality Disorder OCPD Topics covered are understanding and coping with the

challenges of living with an OCPD partner communicating effectively how to manage conflicts arising from their aberrant behavior what to say when they criticize and degrade you and how to set boundaries and limits to protect your own needs and interests This book will help you find balance and happiness in your marriage even if it is already broken Written by someone who has been married to a person who is stricken with all the traits of OCPD you get a first hand account of the trials she experienced as well as the solutions gained from professional help This insider's view has practical advice on how to handle the extremely challenging situations that being married to an OCPD person encounter The author was on the brink of divorce and separated when she sought out professional help and during the course of counseling and researching gained valuable information that led to saving her marriage Free yourself from the confusion that OCPD brings to a relationship understand the dynamics of interacting with someone with this disorder heal from the emotional pain and learn how reacting inappropriately actually exacerbates problems in your marriage One of the hallmarks of having OCPD is a rigidity and inflexible state of mind that disables the sufferer from being able to have the insight that they actually need professional help Because of this dilemma the spouse is left in a precarious situation of realizing that the relationship will remain in its broken state thus initiating many to divorce However many of the problems are caused by the spouse's ignorance of the OCPD mental mindset and how to effectively manage it In this book you will learn how to maneuver living with your OCPD in order to live in harmony and peace If you have tried unsuccessfully to get your spouse to seek professional help this book will give you tools to improve your relationship without counseling Included are strategies to help you not only get along with your partner better but to save your sanity It may even save your marriage *OBSESSED!* Jonathan Schultz, Yuliya

Schultz, 2022-01-31 Millions of people suffer from obsessive compulsive disorder OCD It is a very complicated and often misunderstood mental health condition that if left untreated or treated incorrectly can have crippling outcomes However it not only impacts the life of the person who has it but also the lives of those around them This book gives a very raw and personal explanation on how OCD has impacted the lives of a husband and a wife while also giving strategies on how to manage this disorder The authors do not just document how it has impacted them but they share valuable things they have learned along their journey following evidence based research and personal experience This book is like a playbook By the time you are done reading Obsessed you will not only understand what life is like having or living with OCD but you will know what to do to approach it Turning Points Shannon Shy, 2021-02-18 OCD has the power to destroy lives like a hurricane filled with tornadoes While OCD turns households and relationships upside down and affects all involved only the sufferer understands what the intense personal emotional mental and physical pain feels like It is through this lens of personal experience of living in the hell pit and then determining how to crawl out that Shannon Shy offers his personal insight In a comprehensive guide that provides peer support and a proven strategy for recovering from OCD Shy relies on both his personal experiences and credentials as a certified peer recovery specialist to teach OCD sufferers how to summon

the power and strength within to transform their perspective and get to a place where OCD does not adversely affect their lives Through the included principles exercises practical tools and real life stories from those who have made significant strides in their own OCD recovery journey Shy provides a roadmap of hope that shares valuable information about the growing discipline of peer support insight into how to build a recovery foundation his strategy to overcome OCD motivation encouragement and tips for sufferers to self motivate Turning Points shares principles tools and insight from an OCD survivor to help sufferers of OCD choose recovery over fear and get better      How To Get Over OCD Ali Greymond,

*Loving Someone with OCD* Karen J. Landsman, Kathleen M. Parrish, Cherlene Pedrick, 2005-05-01 People who suffer from mental illness rarely do so alone Their families and loved ones face their own set of unique challenges 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 OCD its definition cause and symptoms 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      **OCD Self-Help** Joselyn M. Hardy, 2024-08-06 Discover a Path to Freedom Are you or a loved one struggling with the relentless grip of Obsessive Compulsive Disorder OCD Do you feel overwhelmed isolated and desperate for a way to reclaim your life You are not alone and there is hope Introducing OCD Self Help a transformative guide designed to illuminate your path to healing and freedom Unlock Your Potential for a Life without Boundaries Imagine waking up each day without the constant fear and anxiety that OCD brings Picture yourself enjoying life s simple pleasures without the weight of intrusive thoughts and compulsions holding you back OCD Self Help is more than just a book it s your companion on a journey to a brighter more fulfilling future Empower Yourself with Holistic Solutions In this book you ll discover Proven Techniques Explore natural evidence based strategies to manage and reduce OCD symptoms empowering you to take control of your mental health Personal Stories Read inspiring accounts from individuals who have successfully navigated their own battles with OCD offering you hope and motivation Practical Exercises Engage in easy to follow exercises and activities that will help you build resilience and develop healthier habits Expert Guidance Benefit from the insights and advice of mental health professionals who specialize in OCD treatment A Powerful Approach to Healing This book is written with you in mind connecting the dots between your struggles and the solutions that can transform your life This book is not just about managing symptoms it s about nurturing your well being and helping you thrive Why Choose OCD Self Help Holistic Focus Embrace a holistic



approach to treating OCD addressing both mind and body for comprehensive healing Accessible and Practical Designed for everyday people excludes technical jargon and provides clear actionable steps Supportive Community Join a community of readers who understand your journey and share in your triumphs and challenges Take the First Step toward a Better Tomorrow Don't let OCD dictate your life any longer With OCD Self Help you have the power to break free from the chains of anxiety and compulsions This book is your key to unlocking a world where you can live with confidence joy and peace Order Your Copy Today Start your journey to recovery now Order this guide and take the first step toward reclaiming your life You deserve to live free from the shadows of OCD and with this guide you can Embrace Hope Embrace Change Embrace Life with OCD Self Help     *Getting Over OCD By Reprogramming Your Brain* Ali Greymond, 2015-02-07 Thank you for reading this book As OCD sufferers all we want to do is control our brain This book will show how to do that You will learn how to control your thoughts and how to receive only the thoughts you want to have The information in this book can be applied to any type of OCD If you are having OCD thoughts and you want to get rid of them this book will show you how to do that With this approach you are trying to fix your brain which in turn will automatically eliminate OCD This method is very effective and will work for you as long as you apply what you learn in this book     **Obsessed... a Tale of Ocd, Knitting and Inappropriate Men** Kathy Gleason, 2008-09 This is one woman's story Of living with Obsessive Compulsive Disorder and the humor and at times heartbreak that comes from trying to live a normal life and find Mr Right while struggling with OCD and Generalized Anxiety Disorder

Eventually, you will extremely discover a further experience and achievement by spending more cash. still when? do you put up with that you require to acquire those every needs subsequent to having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to understand even more vis--vis the globe, experience, some places, bearing in mind history, amusement, and a lot more?

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