

OCD Experiences - Coping Guide

Strategies for coping, self-help, and navigating recovery

Be vulnerable and honest with yourself. It can be hard to admit that we're struggling with things. It can also be hard to voice our thoughts, especially if they feel scary or taboo, are stigmatized, or we fear being misunderstood. At the same time, doing so helps us get the support that we need.



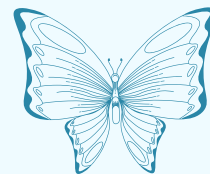
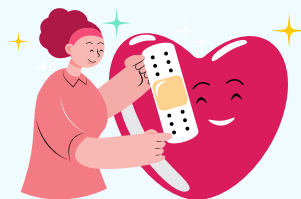
Connection with peers and community-based support. Learning strategies and seeking support from other people who “get it” and share (intersecting) experiences with you can be healing and anchoring. Such spaces can allow us to share our “OCD thoughts” without facing judgement or shame.



Seek and advocate for professional help when you want / need it. ERP is a very common way to treat OCD, but not the only available option if it feels unhelpful to you. A variety of practitioners are available to meet a variety of needs, and give individuals different levels of control over their treatment, so find what works best for you.



Heal trauma and work towards finding a more regulated baseline of your physical body and nervous system. When OCD is connected with your trauma, it might be difficult to manage the OCD in isolation.

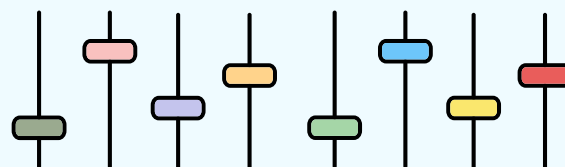


Accommodate your work and life to be more accessible for you. This might mean working for yourself, working remotely, getting a service dog, or seeking whatever other accommodations that would help you at school, work, or wherever you thrive!



Focus on what you can control, and seek out other positive forms of control.

The uncertainty can become overwhelming. However, we can often still carve out creative ways to achieve control in our lives.



Your OCD does not define you, it does not make you a bad person, and it doesn't make your life any less worth living. **Also**, it's not the end of the world if your OCD and your thoughts are a part of who you are

Keep engaging! Check out our [OCD Support Seekers Guide](#) or our [OCD Mini-Course](#) in our shop! *Purchases from Stronger U support the free services of THRIVE Lifeline.*