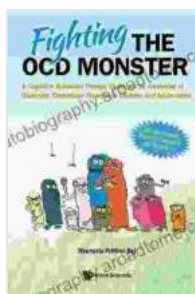


Cognitive Behaviour Therapy Workbook For Treatment Of Obsessive Compulsive - Overcome Your Fears and Live a Full and Happy Life

What is OCD?

Obsessive compulsive disorder (OCD) is a mental health condition that is characterized by obsessive thoughts and compulsive behaviors. Obsessive thoughts are unwanted, intrusive thoughts that cause anxiety or distress. Compulsive behaviors are repetitive, ritualized behaviors that are performed in an attempt to reduce anxiety or distress.

OCD can be a debilitating condition that can interfere with your work, school, relationships, and overall quality of life. If you think you may have OCD, it is important to seek professional help.



Fighting The Ocd Monster: A Cognitive Behaviour Therapy Workbook For Treatment Of Obsessive Compulsive Disorder In Children And Adolescents

by Jason Pawloski

★★★★★ 5 out of 5

Language : English
File size : 2793 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 100 pages

FREE

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How can CBT help with OCD?

Cognitive behaviour therapy (CBT) is a type of psychotherapy that has been shown to be effective in treating OCD. CBT helps you to identify and challenge your obsessive thoughts and compulsive behaviors. It also teaches you coping mechanisms to help you manage your anxiety and distress.

This workbook is designed to help you use CBT to overcome your OCD. It contains a variety of exercises and techniques that will help you to:

- * Identify your obsessive thoughts and compulsive behaviors
- * Challenge your obsessive thoughts
- * Develop coping mechanisms to manage your anxiety and distress
- * Prevent relapse

Who is this workbook for?

This workbook is for anyone who is struggling with OCD. It is especially helpful for people who are new to CBT or who have not been able to overcome their OCD using other methods.

What are the benefits of using this workbook?

This workbook can help you to:

- * Overcome your obsessive thoughts and compulsive behaviors
- * Reduce your anxiety and distress
- * Improve your quality of life
- * Live a full and happy life

How do I use this workbook?

This workbook is designed to be used with the help of a therapist. Your therapist will help you to understand the exercises and techniques in the

workbook and to apply them to your own life.

You can also use this workbook on your own. However, it is important to remember that CBT is most effective when it is used with the help of a therapist.

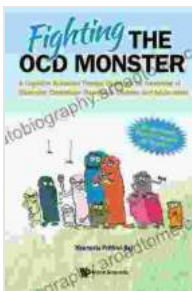
Testimonials

"This workbook has been a lifesaver for me. I have struggled with OCD for years, and I have tried everything to overcome it. This workbook is the only thing that has helped me to make real progress." - Sarah

"I am so grateful for this workbook. It has helped me to understand my OCD and to develop the tools I need to overcome it. I am now living a full and happy life, free from the constraints of OCD." - John

Free Download your copy today!

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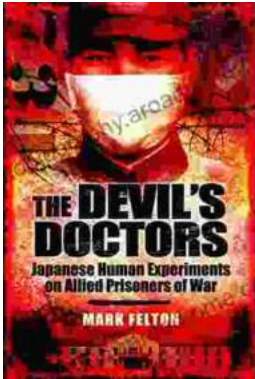
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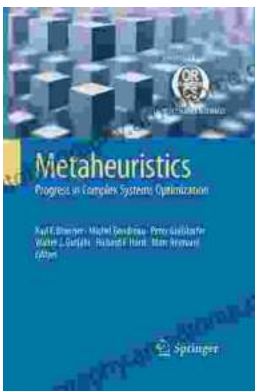
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