

# Things OCD Doesn't Want You To Know...



(not happy we're  
telling you this...)

The only thing OCD can do is raise your anxiety:

- OCD can't make all those thoughts come true!

OCD can only raise your anxiety to a certain point:

- OCD just wants you to feel like it will keep going up forever!

OCD can't keep your anxiety high for long

- Whether you listen or not!