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By Christine Purdon .pdf**

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Yesterday I had one of my viewers ask me how to overcome intrusive thoughts and obsessive-compulsive rituals. He suggested that I create a video on this topic because

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These thoughts are like having a rock in your shoe. If an obsessive thought is a cry for help and it is bring the help that's asked for.

### **Anxiety & ocd university counselling service**

A selection of self-help books on Anxiety & OCD compiled Overcoming Obsessive Compulsive Disorder  
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Accepting and tolerating your obsessive thoughts. Rather than try to suppress your unwanted obsessive thoughts, Overcoming Your Obsessive Compulsive Disorder.

### **Overcoming obsessive thoughts | calmdownmind.com**

Most people who get stuck with obsessive thoughts, or people who have an anxiety condition (where their brain is constantly thinking anxious thoughts), fail to

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Obsessive thoughts can be overcome through a combination of thought stopping, mindfulness and positive self-talk.