

I worry that I will say a racist slur to someone when I walk past them. I often have graphic, detailed intrusive thoughts about having sexual intercourse with my parents, grandparents and friends. Do I really love him? *I have thoughts of kissing my therapist.* I fear I am racist or a bigot and therefore I am a horrible person. I am scared I am secretly a pedophile. Sometimes I'm scared to breathe in public places because I feel like the air is contaminated with germs.

*I feel the groinal response so often that I barely notice it anymore. This makes me worry that this means it isn't just part of my OCD anymore and is genuine arousal.* I get intrusive disturbing images of me

molesting my daughters, even though I'm not attracted to women or children. I worry that I'm just using my OCD to get attention. I search for a name to put on my bleach to my fish tank. I worry that I'm slowly moving toward the point that I worry that even if I don't think I'm sexually attracted to my now because I am worried that if I look up I will see a hallucination, even though I have never had hallucinations before. I worry that I was responsible for someone's death by suicide and replay conversations with them again and again to try to check. After my son was born I had the thought to throw him down the steps a few times. I worry that I have a serious condition either too persistent or too fleeting to be OCD. If I smell something, my intrusive thoughts cause me to overanalyze it and

wonder if I'm imagining it. [www.openmoryourheart.com](http://www.openmoryourheart.com) I lived alone, worried I would die and nobody would find me. So I would make a mental list before I went to sleep of the people who were expecting to see or hear from me the next day. I worry that I'm secretly straight and am lying about my sexuality for attention. I get thoughts that people I love will die and wonder if I want it to happen. I fear I'll never be able to sleep again and I will die. I have thought about my wife dying during childbirth. Now I fear that if it happens it will be my fault. *I'm*

*scared that one day I will become emotionally numb and won't feel the same anymore.* I am afraid of being attracted to professors in my school. I am scared that I actually like my intrusive thoughts. When I'm driving I get mental pictures of bad car wrecks and I see my kids getting hurt or dying.

# What if you're not alone