

Regaining self-control:
Conquering obsessive
compulsive behavior and
other habits you want to
break

Bennee, A. John

Note: This is not the actual book cover

Regaining Selfcontrol Conquering Obsessive Compulsive Behavior And Other Habits You Want To Break

Karen Duffy



Regaining Selfcontrol Conquering Obsessive Compulsive Behavior And Other Habits You Want To Break:

Regaining Self Control Archibald John Bennee,1993 **Counselling and Mental Health** Mr. Rohit Manglik,2024-03-02
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Cognitive-Behavioral Therapy of Anxiety Peter J. Norton,2012-05-14 Cognitive behavioral therapy is highly effective in the treatment of anxiety disorders regardless of the specific type of fear that is causing difficulties This practical hands on clinical resource presents a proven group treatment protocol for patients with any anxiety diagnosis Step by step guidelines are provided for setting up transdiagnostic groups using comprehensive assessment to plan and monitor treatment and implementing carefully sequenced cognitive and behavioral techniques Clinical examples illustrate the nuts and bolts of intervention across different anxiety disorder presentations Special features include 19 reproducible handouts and forms that can be downloaded and printed in a convenient 8 1 2 x 11 size **Personal Growth and Behavior 2000-2001** Karen Duffy,1999-12 This annually updated reader is a compilation of articles from magazine newspaper and journals Illustrated articles by psychologists educators researchers and writers provide a perspective on important topics of the day in the study of personal growth and behaviour The Complete Mental Health Directory ,2004 *The Secret of Overcoming Verbal Abuse* Albert Ellis,Marcia Grad Powers,2000 If you feel like you are on a runaway emotional roller coaster with your partner at the controls this book is for you It can save you years of torment tumult and tears *The Maine Organic Farmer & Gardener* ,1993 **Subject Guide to Books in Print** ,1991 *Brain Lock* Jeffrey M. Schwartz,2009-11-24 An estimated 5 million Americans suffer from obsessive compulsive disorder OCD and live diminished lives in which they are compelled to obsess about something or to repeat a similar task over and over Traditionally OCD has been treated with Prozac or similar drugs The problem with medication aside from its cost is that 30 percent of people treated don t respond to it and when the pills stop the symptoms invariably return In *Brain Lock* Jeffrey M Schwartz presents a simple four step method for overcoming OCD that is so effective it s now used in academic treatment centers throughout the world Proven by brain imaging tests to actually alter the brain s chemistry this method doesn t rely on psychopharmaceuticals Instead patients use cognitive self therapy and behavior modification to develop new patterns of response to their obsessions In essence they use the mind to fix the brain Using the real life stories of actual patients *Brain Lock* explains this revolutionary method and provides readers with the inspiration and tools to free themselves from their psychic prisons and regain control of their lives
 Brain Lock, Twentieth Anniversary Edition Jeffrey M. Schwartz,2016-12-06 The 20th anniversary edition of the definitive classic on defeating obsessive compulsive behavior with all new material from the author An estimated 5 million Americans suffer from obsessive compulsive disorder OCD and live diminished lives in which they are compelled to obsess about

something or to repeat a similar task over and over Traditionally OCD has been treated with Prozac or similar drugs The problem with medication aside from its cost is that 30 percent of people treated don't respond to it and when the pills stop the symptoms invariably return In Brain Lock Jeffrey M Schwartz M D presents a simple four step method for overcoming OCD that is so effective it's now used in academic treatment centers throughout the world Proven by brain imaging tests to actually alter the brain's chemistry this method doesn't rely on psychopharmaceuticals Instead patients use cognitive self therapy and behavior modification to develop new patterns of response to their obsessions In essence they use the mind to fix the brain Using the real life stories of actual patients Brain Lock explains this revolutionary method and provides readers with the inspiration and tools to free themselves from their psychic prisons and regain control of their lives **Overcoming**

Harm OCD Jon Hershfield,2018-12-01 Don't let your thoughts and fears define you In Overcoming Harm OCD

psychotherapist Jon Hershfield offers powerful cognitive behavioral therapy CBT and mindfulness tools to help you break free from the pain and self doubt caused by harm OCD Do you suffer from violent unwanted thoughts and a crippling fear of harming others Are you afraid to seek treatment for fear of being judged If so you may have harm OCD an anxiety disorder associated with obsessive compulsive disorder OCD First and foremost you need to know that these thoughts do not define you as a human being But they can cause a lot of real emotional pain So how can you overcome harm OCD and start living a better life Written by an expert in treating harm OCD this much needed book offers a direct and comprehensive explanation of what harm OCD is and how to manage it You'll learn why you have unwanted thoughts how to identify mental compulsions and find an overview of cognitive behavioral and mindfulness based treatment approaches that can help you reclaim your life You'll also find tips for disclosing violent obsessions finding adequate professional help and working with loved ones to address harm OCD systemically And finally you'll learn that your thoughts are just thoughts and that they don't make you a bad person If you have harm OCD it's time to move past the stigma and start focusing on solutions This evidence based guide will help light the way **Break Free from OCD** Fiona Challacombe,Victoria Bream Oldfield,Paul M Salkovskis,2011-09-09

Are you plagued by obsessive thoughts rituals or routines Would you like to regain control over your behaviour and cast your fears aside Whether you are compelled to wash your hands more and more thoroughly or feel the need to keep checking that you've turned off appliances obsessive worries can be a drain on daily life However you don't need to suffer any more This practical guide written by three leading cognitive behavioural therapy experts enables you to make sense of your symptoms and gives a simple plan to help you conquer OCD Includes detailed information on the many different manifestations of OCD the differences between normal and obsessive worries clear information on treating your individual problem real life case studies and examples and advice and support for friends and family of OCD sufferers Whether your condition is mild or severe this definitive resource will help you reclaim your life and keep OCD away for good **Obsessive-Compulsive**

Disorder For Dummies Charles H. Elliott,Laura L. Smith,2008-10-27 Arguably one of the most complex emotional disorders

Obsessive Compulsive Disorder is surprisingly common Furthermore most people at some time in their lives exhibit a smattering of OCD like symptoms Obsessive Compulsive Disorder For Dummies sorts out the otherwise curious and confusing world of obsessive compulsive disorder Engaging and comprehensive it explains the causes of OCD and describes the rainbow of OCD symptoms The book shows readers whether OCD symptoms represent normal and trivial concerns for example a neat freak or something that should be checked out by a mental health professional for example needing to wash hands so often that they become raw and red In easy to understand steps the authors lay out the latest treatments that have been proven to work for this disorder and provide practical and real tools for living well long term Whether you or someone you care about has this disorder Obsessive Compulsive Disorder For Dummies gives you an empathic understanding of this fascinating yet treatable mental disorder

Complete Guide to Obsessive-Compulsive Disorder (OCD) Dr Gideon Hyde, 2025-04-28 Are you struggling with constant intrusive thoughts that disrupt your daily life Is your need for perfection or order controlling your every move Do you wish to break free from the overwhelming grip of obsessive compulsive disorder OCD but don't know where to start Living with OCD can feel isolating and exhausting but there is hope and this Complete Guide to Obsessive Compulsive Disorder OCD is here to light the way forward This book is your personal roadmap to understanding managing and overcoming OCD This is not just another guide it's the result of years of dedication to help those who feel trapped by OCD gain control of their lives and live freely In my book I share my deep knowledge and insight into how OCD affects individuals providing you with practical tools to face it head on I've crafted this guide with care aiming to enlighten you on the journey to well being backed by clear explanations and actionable strategies Don't miss out on the opportunity to change your life This guide is exactly what you need to take that first step toward healing What will you discover in Complete Guide to Obsessive Compulsive Disorder OCD The Fundamentals of OCD Understand what OCD really is how to recognize it and the significant impact it can have on your mental and physical health The Symptoms of OCD Learn how obsessions and compulsions manifest including the science behind these behaviors Diagnosis and Treatment Know how OCD is diagnosed and the treatment options available including Cognitive Behavioral Therapy CBT Exposure and Response Prevention ERP medications and alternative therapies like mindfulness Managing Triggers Identify your personal OCD triggers and discover methods for managing and overcoming them including how to break the compulsive cycle and manage perfectionism Coping Strategies Develop daily habits relaxation techniques and routines that reduce obsessive thoughts helping you manage OCD more effectively Overcoming Setbacks Understand how to handle setbacks maintain progress and celebrate milestones ensuring long term success in your journey OCD and Relationships Gain insight into how OCD affects your relationships and learn practical strategies for supporting loved ones and fostering healthy communication Living with OCD Find tips for managing OCD in various life situations from work and school to self care and maintaining a positive outlook Empowerment and Healing Cultivate a growth mindset set achievable goals and build resilience as you move forward

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The Complete Idiot's Guide to Conquering Obsessive-compulsive Behavior Bruce Mansbridge,2009 Written specifically for the sufferers of the middle range manifestations of this behavior to help them overcome it and take back control in their lives

The OCD Workbook Bruce Hyman,Cherlene Pedrick,2010-11-01 If you have obsessive compulsive disorder OCD chances are that your persistent obsessive thoughts and time consuming compulsions keep you from enjoying life to the fullest But when you are in the habit of avoiding the things you fear the idea of facing them head on can feel frightening and overwhelming This book can help The OCD Workbook has helped thousands of people with OCD break the bonds of troubling OCD symptoms and regain the hope of a productive life Endorsed and used in hospitals and clinics the world over this valuable resource is now fully revised and updated with the latest evidence based approaches to understanding and managing OCD It offers day to day coping strategies you can start using right away along with proven effective self help techniques that can help you maintain your progress The book also includes information for family members seeking to understand and support loved ones who suffer from this often baffling and frustrating disorder Whether you suffer with OCD or a related disorder such as body dysmorphic disorder or trichotillomania let this new edition of The OCD Workbook be your guide on the path to recovery This new edition will help you Use self assessment tools to identify your symptoms and their severity Create and implement a recovery strategy using cognitive behavioral self help tools and techniques Learn about the most effective medications and medical treatments Find the right professional help and access needed support for your recovery Maintain your progress and prevent future relapse

Causes and Remedies of Obsessive-Compulsive Disorder Humble Star,2020-07-20 Unique Perspective and The Treatment Methodology Revolutionary Analytical Technique that can Effectively Relieve OCD Symptoms I am writing this book to help people suffering from OCD There are many people who lost their hope of recovery struggling to find the cause of their disorders I would like to lift their burden By introducing my analysis to the world I know that I will be able to help people suffering from OCD I hope that this book sows seeds of hope in the barren minds of OCD patients I am sure that this will help you to understand the causes of your OCD and the ways to solve it You will be able to manage some parts of your anxiety If you repeatedly read this book and fully absorb the method introduced Just by doing so you will achieve a certain level of symptom alleviation this book is analytically meaningful primarily because it provides OCD patients the chances to ease their obsessive symptoms It is meaningful also because it will be the final destination the lighthouse of hope of OCD patients who are living in pain

Mindfulness for OCD Chrissa McTom,2021-01-09 Mindfulness for OCD The Ultimate

Guide to Overcoming OCD Learn Effective Methods and Approach on How to Overcome Unexplained Obsessions and Compulsions It is normal to have specific routines that you do every day and it is not out of the ordinary to always want to have a clean and tidy home or workspace But if not being able to do a certain routine causes you extreme anxiety this is not healthy If you cannot fight the urge to constantly make everything in order in your home or office you might be suffering from obsessive compulsive disorder According to the Anxiety and Depression Association of America approximately 1 in 40 adults and 1 in 100 children suffer from OCD with the prevalence higher in females People with OCD are unable to stop certain tendencies habits and thoughts that eventually interfere with their work social or other aspects of their life This book will teach you the necessary information you need to arm yourself towards understanding what Obsessive Compulsive Disorder or OCD is all about You will learn about various aspects of OCD and how to control it You will discover the different treatments available You will also learn the importance of a supportive network in order to manage OCD This book will teach you about the following topics A Closer Look at OCD Symptoms of OCD Why OCD is considered a Disorder Is OCD Hereditary Can OCD be Controlled Types of Treatments Available Can Yoga and Meditation Help Why Self Assessment Helpful Right Approach to Combat Unexplained Compulsions Many people who have OCD are actually aware that their thoughts and habits don't really make sense but they are unable to stop Even if they stop most of them start again because of the anxiousness they feel It is important to develop ways and strategies to manage these tendencies so it doesn't affect every aspect of your life If you want to learn more about how to obsessive compulsive tendencies and how to manage them scroll up and click add to cart now

Obsessive-Compulsive Unbound Robert C Dean, 2024-04-20 Does obsessive compulsive disorder OCD control your life Are you constantly bombarded with intrusive thoughts and repetitive behaviors that leave you feeling drained and exhausted You're not alone Millions of people worldwide struggle with OCD a debilitating mental health condition that can significantly impact your daily life But there is hope Obsessive Compulsive Unbound is your comprehensive guide to reclaiming control and overcoming OCD This book is more than just an awareness guide it's your personalized OCD treatment planner Packed with proven strategies and real life examples you'll discover The science behind OCD Gain a deep understanding of how OCD works in your brain empowering you to approach treatment with confidence Effective OCD therapy techniques Explore evidence based approaches like CBT Cognitive Behavioral Therapy and Exposure Response Prevention ERP to break the cycle of intrusive thoughts and compulsions Coping with OCD for kids and teens Learn age appropriate strategies to help young people manage their OCD symptoms and navigate the challenges of growing up with the condition Living with an OCD spouse or partner Discover effective communication tools and support strategies to foster a healthy and understanding relationship OCD emotional dependency Understand how OCD can fuel unhealthy attachments and develop strategies for building healthy independent relationships OCD recovery it's a journey not a destination Learn to navigate setbacks and celebrate milestones on your path to lasting OCD healing Obsessive Compulsive

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