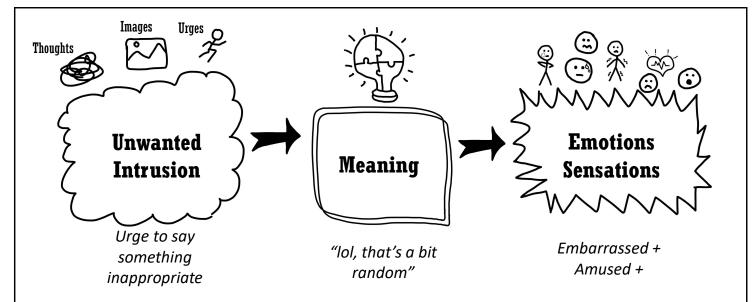


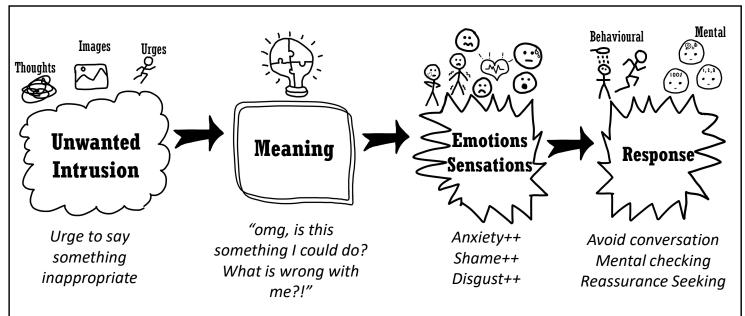
Meaning of Unwanted Intrusions

While most people have unwanted intrusions, only some people develop OCD. This is because of differences in the meaning given to unwanted thoughts, images & urges.

The meaning we give to our experience has an important role in how we feel, and how we respond.



Most people interpret unwanted intrusions as meaningless, random, brain processes. This means that they are hardly noticed, or are not overly distressing, and so they are unlikely to impact on what the person decides to do next.



In OCD, unwanted intrusions are interpreted to mean something "bad", and this leads to more distressing feelings, and strong urges to use compulsions and/or avoid situations.

