

MEENA'S INVISIBLE BATTLE

SHE FOUGHT OCD AND WON!

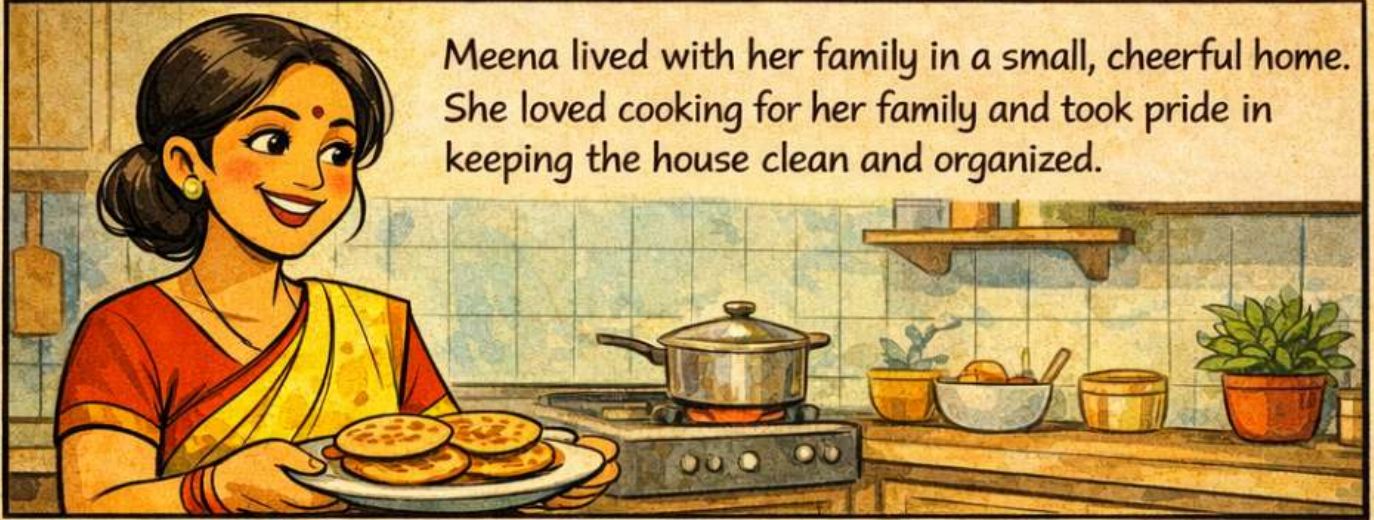


By Prof (Dr) Priyadarshee Patra



Meena's Invisible Battle

A Happy Beginning



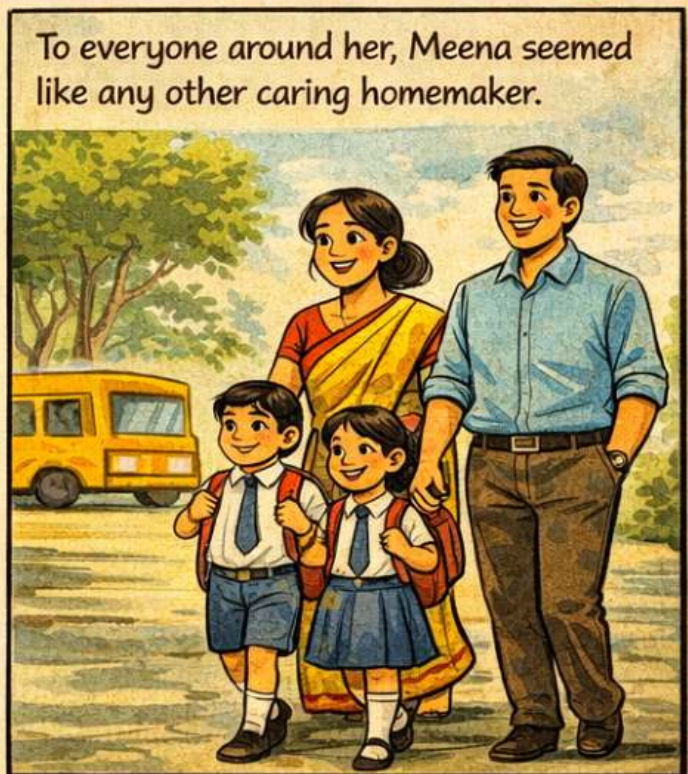
Meena lived with her family in a small, cheerful home. She loved cooking for her family and took pride in keeping the house clean and organized.



Every morning, Meena woke up early to prepare breakfast for everyone.



After sending the children to school, Meena spent time cleaning and arranging the house.



To everyone around her, Meena seemed like any other caring homemaker.

MEENA'S INVISIBLE BATTLE

One day, while cleaning the house, Meena noticed something strange...



There was dirt on the door handle.



Suddenly, a troubling thought came to her...



Meena felt a wave of fear and anxiety.



She couldn't stop thinking about the germs and felt a strong urge to keep washing.



MEENA'S INVISIBLE BATTLE

Meena's worry about dirt continued to grow...



She began to avoid touching things and made unusual rules for her family...



She spent more and more time cleaning. Her family began to notice her behavior.



Her anxiety increased, and she cleaned constantly, believing it was the only way to prevent illness.



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Meena's cleaning took over her life, making it hard for her to manage daily tasks.



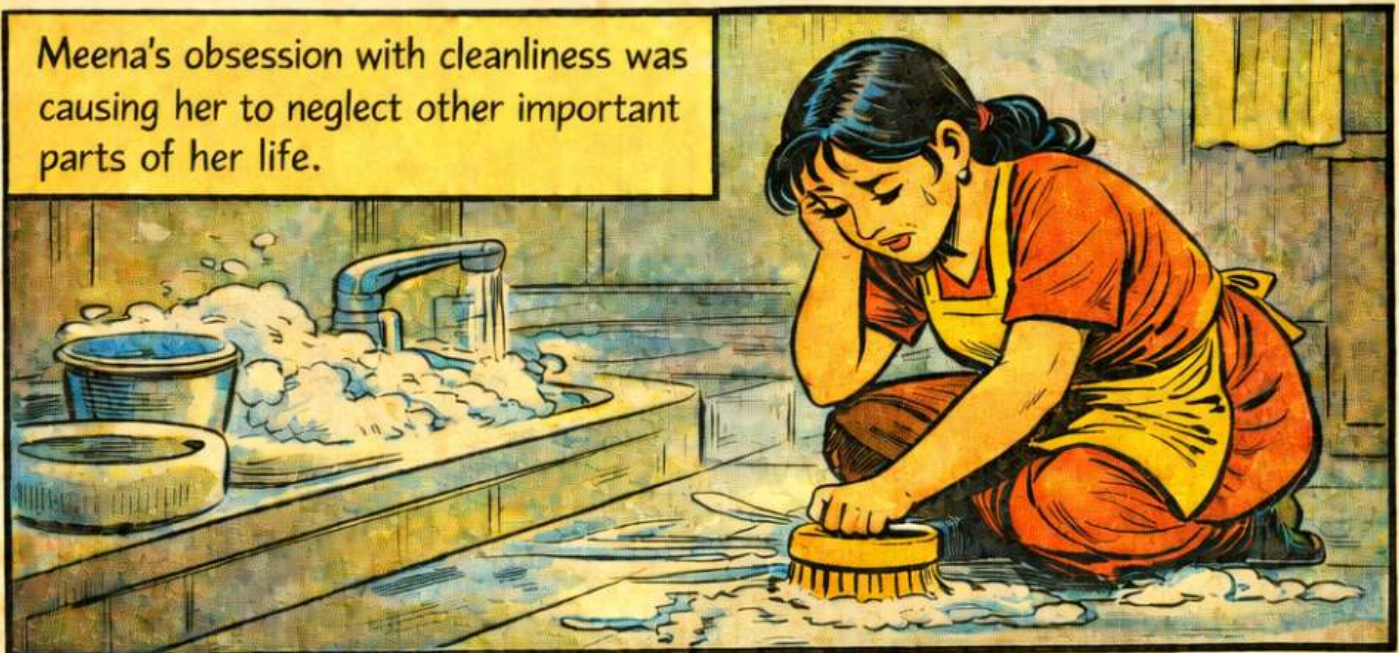
Her children and husband often left without her help.



She stopped going out and avoided people because she feared contaminated



Meena's obsession with cleanliness was causing her to neglect other important parts of her life.



MEENA'S INVISIBLE BATTLE

Meena's family became worried about her constant cleaning and avoidance of everyday life.



They urged her to seek help.



At the doctor's office, they met a psychiatrist who explained Meena's condition called Obsessive-Compulsive Disorder (OCD).

The doctor said:
OCD is when a person experiences unwanted, intrusive thoughts, called obsessions, which cause anxiety. They then perform repetitive actions, or compulsions, to relieve the anxiety. but it only provides temporary relief, creating a cycle of distress.



MEENA'S INVISIBLE BATTLE

Meena, In your case, you have obsessions about dirt and contamination.

The doctor, a man with a mustache and a stethoscope, sits at his desk. He points to a diagram on an easel. The diagram shows a circular flow: 'Obsessions' at the top, 'Anxiety' in the center, and 'Compulsions' at the bottom, connected by arrows in a clockwise cycle. To the right of the easel, a thought bubble shows a young boy thinking about germs. Below the easel, a woman and a man are listening intently.

These are the intrusive thoughts or fears that make you highly anxious and uncomfortable.

Obsessions

Anxiety

Compulsions

The doctor, a man with a mustache and a stethoscope, sits at his desk. He points to a diagram on an easel. The diagram shows a circular flow: 'Obsessions' at the top, 'Anxiety' in the center, and 'Temporary Relief' at the bottom, connected by arrows in a clockwise cycle. To the right of the easel, a thought bubble shows a young boy thinking about germs. Below the easel, a woman and a man are listening intently.

These are the intrusive thoughts or fears that make you highly anxious.

In your case, it's the constant, distressing fear that everything might be dirty and contaminated.

Obsessions

Anxiety

Temporary Relief

The doctor, a man with a mustache and a stethoscope, sits at his desk. He points to a diagram on an easel. The diagram shows a circular flow: 'Obsessions' at the top, 'Anxiety' in the center, and 'Temporary Relief' at the bottom, connected by arrows in a clockwise cycle. To the right of the easel, a thought bubble shows a young boy thinking about germs. Below the easel, a woman and a man are listening intently.

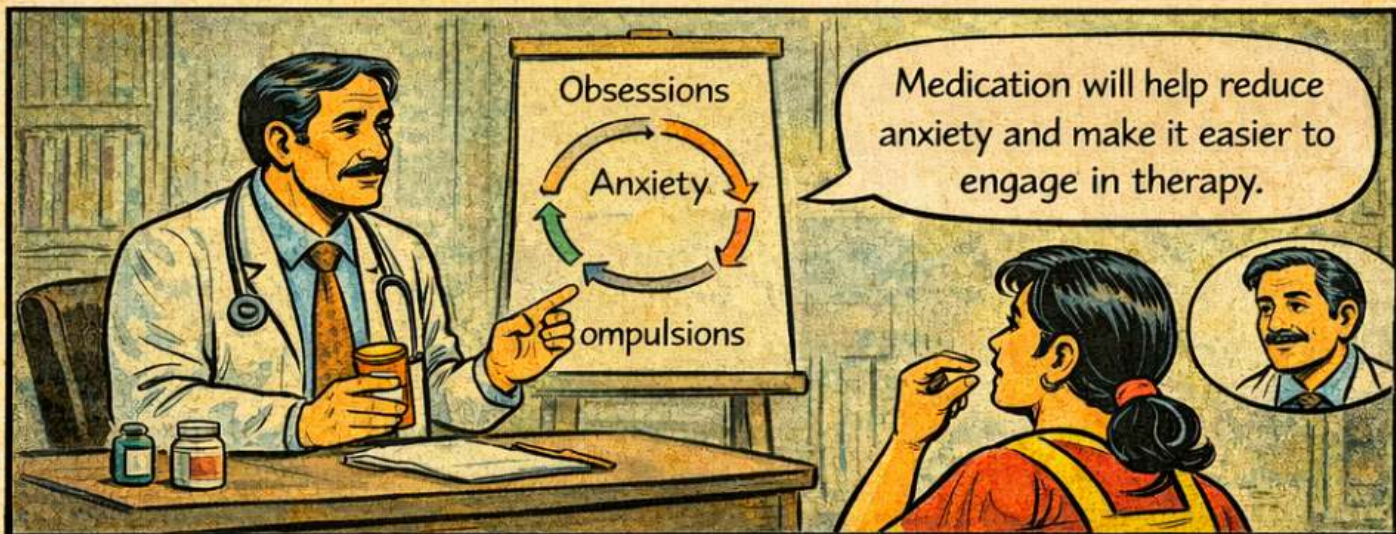
These compulsions are your way of trying to feel less anxious, but the relief is only temporary, so the cycle keeps repeating.

Obsessions

Anxiety

Temporary Relief

MEENA'S INVISIBLE BATTLE



In Exposure and Response Prevention (ERP) therapy, I'll gradually help you face your fears without doing the compulsive cleaning rituals.



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Through Exposure and Response Prevention (ERP) therapy, Meena gradually resisted her compulsive urges.



Over time, Meena learned to manage her OCD. She felt freer and happier, enjoying precious moments with her family.



With the right help, Meena was able to live happily.

