

INSTRUCTIONS: You must download and save this interactive PDF locally before you fill it out. Re-open the saved version using Acrobat Reader and add your comments.

Unit 12: Understanding OCD

Activity 1: Case Study

In response to the case study, answer the following questions:

Write your ideas below.

1. What do you think it was like working alongside Harry in the salon?

2. How do you think Mary's behaviour affected her relationship with her husband?

3. How are Gail's children at risk from her obsessions and compulsions?

Activity 2

1. List two feelings that people with OCD may experience. Write your ideas below.

2. Give two examples of the ways that OCD can affect an individual

3. Other than the individual themselves, who else could OCD affect?

Activity 3

If you had a friend, partner or other member of your family with OCD, what could you do to help and support them?

Write your ideas below.

Activity 4

1. List two ways that a person with OCD can manage their illness

2. List two ways that other people can help a person with OCD to manage their illness

3. Give one example of a local resource for OCD

4. Give one example of a treatment for OCD