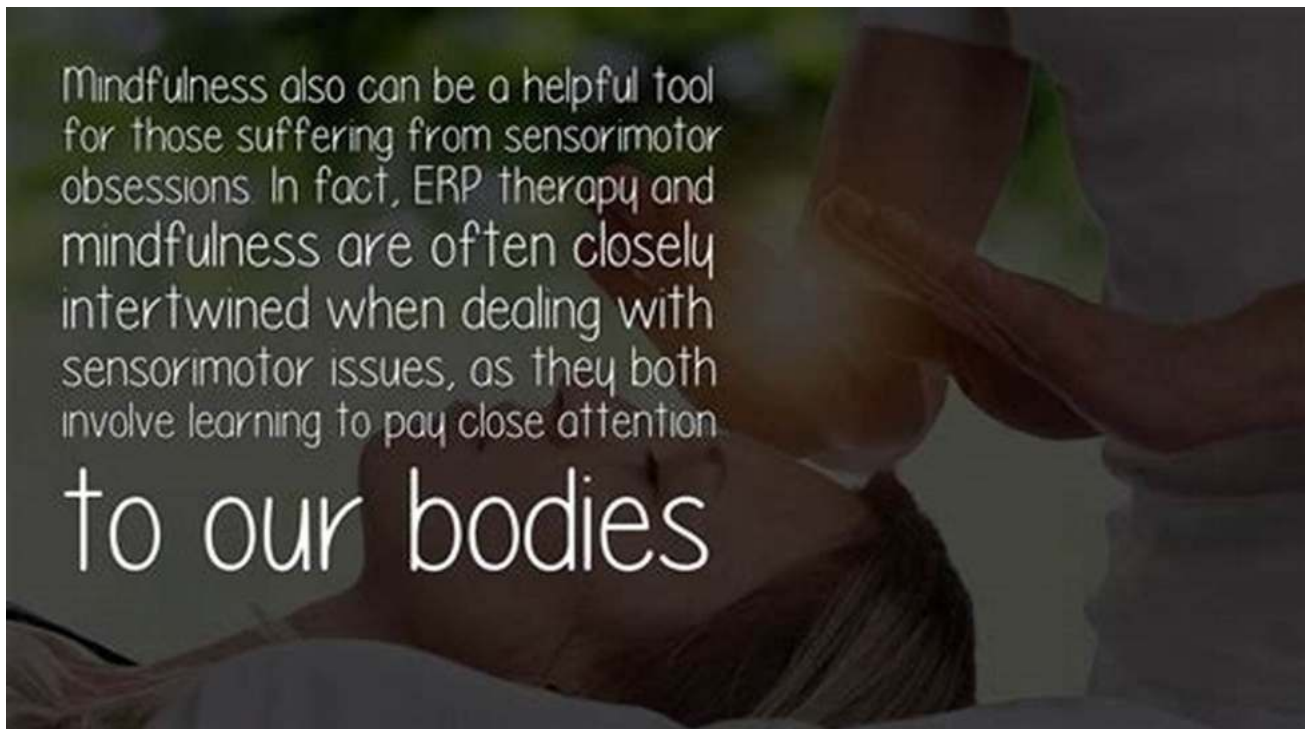


How I Overcame Sensorimotor OCD



Do you often find yourself stuck in repetitive thoughts and behaviors that seem impossible to break free from? Have you ever experienced a constant need to perform certain physical actions to alleviate anxiety or discomfort? If so, you might be dealing with a type of obsessive-compulsive disorder called Sensorimotor OCD.

What is Sensorimotor OCD?

Sensorimotor OCD is a subtype of obsessive-compulsive disorder that involves an intense focus on bodily sensations and movement. Individuals with this condition are plagued by intrusive thoughts related to bodily processes such as breathing, swallowing, blinking, and other automatic actions that are typically involuntary.



Breathe In, Breathe Out: How I Overcame

Sensorimotor OCD by Alexander Culafi (Kindle Edition)

★★★★☆ 4 out of 5

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|----------------------|-------------|
| Language | : English |
| File size | : 174 KB |
| Text-to-Speech | : Enabled |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 30 pages |
| Lending | : Enabled |
| Screen Reader | : Supported |



The constant awareness of these bodily sensations leads to a cycle of compulsive behaviors aimed at reducing anxiety and restoring a perceived sense of control. These behaviors often include repetitive actions, such as counting, tapping, touching, or repositioning body parts.

My Personal Struggle with Sensorimotor OCD

For years, I battled with Sensorimotor OCD without even realizing what was happening to me. It started with a simple thought about my breathing - suddenly, I became fixated on every breath I took. It felt like I had forgotten how to breathe unconsciously, as if I had to manually control my breath every second.

This obsession with my breathing quickly spread to other bodily sensations, such as swallowing and blinking. These once automatic actions became sources of intense anxiety and discomfort. I felt trapped, as if my mind and body were disconnected.

The more I tried to control these sensations with compulsive behaviors, the worse the anxiety became. My life was consumed by rituals and repetitive actions. Emotionally and physically exhausted, I knew I needed to find a way to break free from this cycle.

Seeking Help and Finding Hope

After years of suffering silently, I finally decided to seek professional help. I reached out to a licensed therapist specializing in OCD, and it was one of the best decisions I ever made.

During therapy, I learned that my obsessive focus on bodily sensations was a product of my fearful and anxious mind. My therapist introduced me to various techniques, such as exposure and response prevention (ERP), to gradually challenge my compulsive behaviors.

ERP involved facing my fears head-on, intentionally exposing myself to the situations that triggered my obsessions and resisting the urge to perform my compulsive rituals. This practice was incredibly difficult at first, as it intensified my anxiety. However, with the support of my therapist and a strong determination to overcome Sensorimotor OCD, I persevered.

Embracing Mindfulness and Self-Care

Alongside therapy, I incorporated mindfulness and self-care practices into my daily routine. Mindfulness helped me observe my thoughts and bodily sensations without judgment, allowing me to develop a greater sense of self-awareness.

I also made sure to prioritize self-care activities that brought me joy and relaxation. Engaging in hobbies, spending time in nature, and practicing deep

breathing exercises helped me manage anxiety and break away from the constant ritualistic behavior.

Support from Loved Ones

Sensorimotor OCD can feel isolating, but I realized I didn't have to face it alone. Opening up about my struggles to trusted friends and family members was a turning point in my recovery.

By sharing my experiences with loved ones, I not only received their unconditional support but also gained a network of understanding individuals who were willing to listen and offer guidance when needed. Their support was invaluable in my journey towards overcoming Sensorimotor OCD.

The Road to Recovery

Slowly but surely, I began to regain control over my life. The intrusive thoughts and the accompanying physical sensations started to lose their power over me. Each day became a small victory as I resisted the urge to engage in my compulsive behaviors.

While I still experience occasional flare-ups, I now have the tools and strategies to manage them effectively. I continue to attend therapy sessions and practice self-care, mindfulness, and exposure exercises regularly. My journey to recovery is ongoing, but I am no longer defined by my Sensorimotor OCD.

If you are struggling with Sensorimotor OCD, know that you are not alone. Seeking professional help and incorporating effective therapies, like exposure and response prevention, can provide immense relief and empower you to reclaim your life.

Remember to prioritize self-care, embrace mindfulness, and lean on the support of loved ones. Overcoming Sensorimotor OCD is possible, and you have the strength within you to embark on your own journey to recovery.



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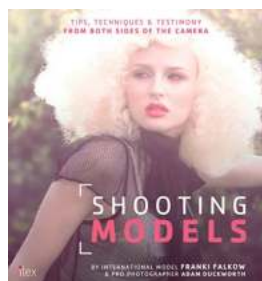
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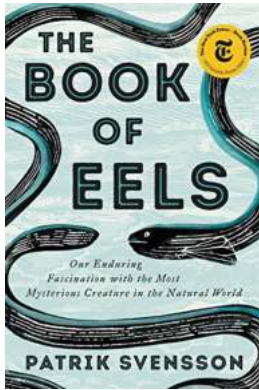


In only a dozen or two pages, author Alexander Culafi walks through a little-discussed form of OCD known as sensorimotor OCD (AKA somatic OCD or hyperawareness OCD), tells his story, gives words of hopes as well as instructions for recovery, and provides additional resources for further reading. While this book should ABSOLUTELY NOT be used as a replacement for proper medical and/or therapeutic treatment, it will hopefully offer some next steps and some hope you did not have previously. You can beat this!



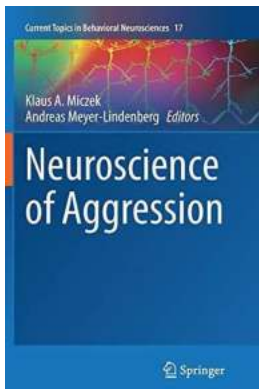
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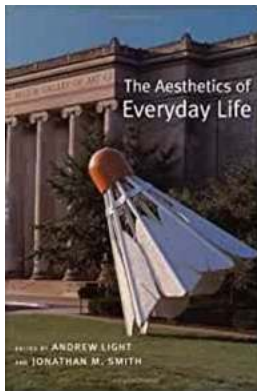
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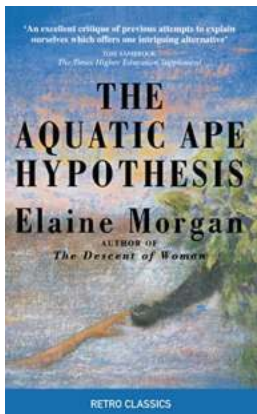
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