

Download Some Thoughts About Relationships

3 million people around the world sufferer from OCD & intrusive thoughts. We empower the OCD community with educational resources, treatment info & support. Thoughts become things when they are given substance with feelings in the Mind. Thoughts are the DNA of the Universe. They contain the information that gives form to our physical life experience. Jimmy Kimmel likened the first ever photo of a black hole to a blurry shot of Randy's Donuts. An intrusive thought is an unwelcome involuntary thought, image, or unpleasant idea that may become an obsession, is upsetting or distressing, and can feel difficult to manage or eliminate. When such thoughts are associated with obsessive-compulsive disorder (OCD), depression, body dysmorphic disorder (BDD), and sometimes attention-deficit ..., Some Thoughts About Relationships.

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