

7 THINGS PEOPLE MISTAKE FOR OCD

(BUT ACTUALLY AREN'T)

1

**ENJOYING HAVING THINGS
NEAT, TIDY, OR ORGANIZED**

**BEING "OBSESSED" WITH A
HOBBY OR ACTIVITY**

2

3

**EXCESSIVE WORRY ABOUT
EVERYDAY LIFE**

**HAVING PARTICULAR
PREFERENCES**

4

5

**FEELING OVERWHELMED IN
LOUD OR CROWDED PLACES**

**BEING "OBSESSED" WITH
ANOTHER PERSON**

6

7

**"COMPULSIVE" BEHAVIORS
LIKE GAMBLING OR EATING**

