

1. the person you care about is **not** crazy
2. the major symptom of OCD is **anxiety**
3. anxiety is **harmless** and won't hurt them, they just feel uncomfortable
4. try not to get **involved** in any OCD behaviours
5. don't change **your life** around their anxiety, it will **not** help them at all
6. try not to answer **OCD questions**, e.g. "I am a good person, aren't I?", "it won't happen, will it?", "it will be alright if..... ?"
7. it is **their responsibility** to change their situation and manage their condition, you do not have to take responsibility for them
8. you are responsible for **your own happiness** and what's more, you are entitled to it
9. try and keep your life as **"normal"** as possible
10. you can **encourage** but not force them to get help, it should be **their** decision
11. don't be ashamed to admit **you need help too**, if so, get support or professional help as soon as possible
12. if you need to, **take a break**
13. you have the **right to live your life and be happy**



please note: the above advice will complement but not replace good therapy