



Examples of Mental Compulsions

- Mental reviewing of different situations
- Counting
- Praying
- Compulsive rationalizing
- Reassurance seeking and self-reassurance
- Repeating words, or phrases to oneself to neutralize or "get rid of" bad thoughts
- Compulsive meaning-making/over-analyzing/figuring out



Pure O and Mental Compulsions

"Pure O" was originally considered a specific type of OCD in which people did not experience compulsions, only obsessions

However, it has come to be accepted that those with Pure O still experience compulsions, only these compulsions are mental and not physical.

You can experience both mental and physical compulsions

Mental compulsions can feel automatic, however they can still be treated with ERP and mindfulness