

Let's stop using phrases like "I'm so OCD" or "I'm obsessed"

By: Nolan Blair

"I'm so OCD about that" or "I'm so obsessed with that." They're phrases I've heard countless times from good friends, family, colleagues, and strangers. I've even heard people chuckle after saying it about themselves. I don't discount that those people are struggling with something; however, I do think that somebody who's lived through the twists and turns of living with OCD wouldn't use those phrases lightly.

I can't even count the number of times OCD convinced me my life didn't have hope. Whether the irrational voices of OCD told me I'd hurt someone, sinned too harshly for forgiveness, or that I couldn't bear another day of obsessing, OCD led me to a lot of dark places. That's why I don't use make light of the condition.

So, I ask my friends, family, colleagues, and community to stop using OCD and obsessed as expressions. I ask for that because every time I hear it, I feel a little lonelier. I think, *wow, those people truly don't grasp the pain that truly "being so OCD" or "so obsessed" can bring.*

I want people to feel like their condition is recognized, not dismissed. Using OCD as a phrase to describe habits will not bring about understanding. What will inspire empathy is when people talk about OCD to open up about their journey.

When I talk about my OCD, I fear that people just think I care about my desk being tidy. I can tell you my desk is not tidy. Misconceptions make it scary to open up.

Instead, I'm talking about a journey that has taken me through many ups and downs. A journey I believe should be a part of the dialogue with OCD because many people can relate. I'm also trying to share that living a very happy life with OCD is possible. So let's make talking about OCD easier. That starts with not saying phrases like "I'm so OCD" or "I'm obsessed."