



Speaking from Experience

Obsessive Compulsive Disorder

Transcript for chapter 1 of 11: Early signs

John: I think I've had symptoms way back to primary school, things like perfectionism with writing, and things like order and symmetry and things like that.

Lucy: I lived with OCD probably for about a year or so when I sort of had evidence of a problem when I'd go home and have therapy, but it wasn't for OCD as such, but like I said I could see elements earlier on.

Tasman: I realised I had them since I was about ten, and by the time I was ten I definitely started pacing a lot and doing things in an obsessive way, but I didn't recognise them as OCD symptoms at the time, I just recognised them as the characteristics that I had.

Danny: I noticed about ten years ago, eleven years ago actually at work, and I was finding that I was having to leave my class to check that I had done certain things and count certain things to make sure that they were the right numbers and if I got interrupted I would have to start again.

Wendy: The symptoms would have started when I was about nine, when I used to worry ever so much about sins, and I'd have to go to confession and think I was bad, and that was really a torture. That went on all my childhood year, right through to my teenage years.

Kaye: When I was about thirty I started to have incredible symptoms, and I didn't know what the heck was going. Things like checking more than usual... having to go home and check the lock on the door.