

Compulsions are a lousy solution to the problem of having obsessions.

Fred Penzel

The only certainty is that nothing is certain.

Pliny the Elder

Anger always comes from frustrated expectations

Elliott Larson

No one can make you feel inferior without your consent.

Eleanor Roosevelt

You can often change your circumstances by changing your attitude.

Eleanor Roosevelt

Success comes in cans not in can'ts.

Unknown

The best angle from which to approach any problem is the try-angle.

Unknown

**It's me who is my enemy
Me who beats me up
Me who makes the monsters
Me who strips my confidence**

Paula Cole

Our doubts are traitors, and make us loose the good we oft might win, by fearing to attempt.

Shakespeare from Measure for Measure

Believe that life is worth living and your belief will help create the fact.

William James

The way you treat yourself sets the standards for others.

Sonya Friedman

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.

Buddha

Confidence comes not from always being right but from not fearing to be wrong.

Peter T McIntyre

If you really put a small value on yourself, rest assured that the world will not raise your price.

Unknown

You can't depend on your eyes when your imagination is out of focus.

Mark Twain

The greatest mistake you can make in life is to be continually fearing you will make one.

Elbert Hubbard

Believe in yourself and there will come a day when others will have no choice but to believe with you.

Cynthia Kersey

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

Norman Vincent Peale

The longer we dwell on our misfortunes, the greater is their power to harm us.

Voltaire

It is noble to teach oneself, but still nobler to teach others. . . and less trouble.

Mark Twain

Present fears are less than horrible imaginings.

Shakespeare from Macbeth

There is only one rule, goddammit, Be kind

Kurtz Vonnegut jr

To be alive involves some risk.

Harold Macmillan

Don't judge your neighbour until you have walked a mile in his sandals.

Old Chinese proverb

The great thing about absurd logic is that it fits any situation.

Scott Adams

A clean house is a sign of a bored woman

Seen on a fridge magnet

If I hadn't seen such riches, I could live with being poor.

James in their song Sit Down

An OCD Action Forums presentation

Sometimes one creates a dynamic impression by saying something, and sometimes one creates as significant an impression by remaining silent.

Dalai Lama

The man who acquires the ability to take full possession of his own mind may take possession of anything else to which he is justly entitled.

Andrew Carnegie

It ain't what they call you, it's what you answer to.

W C Fields

For peace of mind resign as general manager of the universe

Unknown

It's always darkest before dawn.

Spanish proverb

Remember, there is hope and together we can overcome OCD.

Nimrod

It is not adverse circumstances that determine the quality of our lives, but how we manage them.

Jordan Rapaport

Just because people can't see OCD it doesn't mean they can ignore it or that sufferers don't have special needs.

Nimrod

As part of my therapy I read the following helpful advice – To get the most out of life we need to raise our goals and lower our expectations.

Trudy Angus

Tell people OCD is not a celebrity fad or talking point, it is a very real and severe condition that ruins people's lives.

Nimrod

Raising awareness is the single most important thing we can do.

Nimrod

Don't hide your OCD, bring it out into the open so that people will begin to understand what OCD is and that we are not awkward freaks, just ordinary individuals who have a medical condition.

Nimrod

Helping others with OCD can often help you to see how to deal with your own OCD more constructively. So join in on the forums.

Soxon

If people are having problems with understanding what OCD does I give them a very simple comparison to a fear that they might have experienced.

(adapted from Truddles)

Nimrod

Always remember, you aren't on your own against the OCD, all of us are in this together... For the long haul if need be... As long as it takes... Together we will win this... Keep reading up on the enemy, the OCD, cos knowledge is power someone said, and they are right...

David G