

# Christian OCD Therapist

[Christian OCD therapist](#) is a serious mental health condition. It can impact all areas of your life – work, home, school, and social relationships.

If you or a loved one is suffering from OCD, it can be difficult to know where to turn for help. Thankfully, there are many options available.

## Identifying Obsessive Compulsive Disorder

If you think you may have obsessive compulsive disorder, it's important to seek treatment. This is because the condition can cause significant disruptions to your daily life, and you might not even realize you have it.

Obsessions are recurrent, intrusive thoughts or images that you have difficulty ignoring. Usually, obsessions are very serious and they take up a lot of time and make your life difficult.

Compulsions are repetitive behaviors or rituals that you do to try to relieve your obsessions. Often, people who have OCD believe that if they do their compulsions enough times, the obsession will go away.

Some people who have OCD worry about contamination or have hand-washing compulsions. Others have compulsions that include checking things, like ovens or doors, that they feel they could get stuck in.

Scrupulosity OCD is a subtype of OCD that involves religious or moral obsessions. These obsessives worry that they are doing something wrong or violating their religion or moral values. They may also have a fear that they might hurt someone, especially a child or other family member.

## Identifying Symptoms

Obsessive-compulsive disorder is a mental health condition that's characterized by obsessions (uncontrollable thoughts) and compulsions (rituals you feel urged to perform). People with religious OCD often have obsessive thoughts about sin or blasphemy.

These thoughts cause intense anxiety and stress. They can be illogical or irrational and can be hard to control.

Some of these thoughts may seem harmless at first but can eventually lead to severe depression and other problems. Symptoms can also interfere with education and employment, as well as social relationships.

Unlike other types of OCD, people with religious OCD base their compulsions and obsessions on their religious beliefs or morality. Usually, this type of OCD begins in childhood and tends to get worse over time.

The earliest record of religious OCD can be found in the writings of John Moore, who served as a clergyman in England during the 1600s. Moore described dedicated worshippers who struggled with “naughty and sometimes blasphemous thoughts” that would not leave or stop even though they tried to suppress them.