

If you struggle with unwanted thoughts that you sense are irrational, but can't seem to stop thinking them, you might have OCD. Also, if you engage in behaviors that you sense are irrational, but that reduce your anxiety in that moment, yet the anxiety continues to return, you might have OCD. Give us a call to set up an initial consultation. If the above descriptions resonate, then you may have OCD or some other anxiety struggle that requires attention.