

“I’m so OCD”

Don’t use a mental illness as an adjective

Sure you may be tidy

Like things to be organized

But don’t throw around that term and add to the stigma

For those who deal with it everyday

It isn’t something to joke about

Washing your hands until they’re raw

Crack and bleed

Repetitive behaviors that leave you crippled

Unable to move on

Or do a simple task

Counting, compulsions, rituals

Running your life

Taking up parts of your day

The fear of what could happen

If you don’t follow through

Flipping light switches

So nothing bad happens

It’s embarrassing

We don’t want to do these things

But changing the behavior is not simple

So we try concealing it

OCD is common with other mental illness

It comes with unwanted and intrusive thoughts

When the term is thrown around

We feel humiliated

It’s more than being high strung

It’s more than wanting to be perfect

It’s not an adjective

It’s a debilitating disease

Crying because you want to go to bed
But you can't without completing the nightly ritual
That takes up so much time
The negative stigma surrounding OCD
Makes you feel even worse
Leaves you to feel crazy
Having to use up hours of your day performing rituals
And having a mental breakdown if you don't

But now
I'm able to do things with ease
That used to take an hour
I used to dream about that day
And it's finally here
It's been gradual progress
So I haven't stopped to think
But the difference in my quality of life
Has changed for the better
I'm so very thankful
To anyone out there who can relate
You will see the other side
And the battle ground in your mind will fade

e.g.