

OVERLAPPING CHALLENGES

PART 2

OBSESSIVE COMPULSIVE DISORDER

Obsessions are repetitive, unwanted thoughts.

Compulsions are repetitive, ritualistic acts that must be performed to rid oneself of the obsession.

Obsessions

- Concern for symmetry/order
- Concern for cleanliness
- Over focusing on minute details
- Having to have “just right” feeling
- Over focusing on moral issues
- Over focusing on one idea/object
- Focusing on specific numbers
- Needing to experience sensations
- Preoccupation with knives/blood, etc.
- Worrying about harming self or others
- Concerned about germs/dirt
- Hoarding/collecting
- Thinking about forbidden behaviours
- Mental coprolalia (Sexual thoughts/images)
- Aggressive thoughts/images
- Obsessive fears



Over 80% of people with TS will also have associated conditions such as depression, anxiety, OCD and ADHD. Often these can be a greater problem than TS itself.

Compulsions

- Adjusting clothing to feel just right
- Evening things up
- Counting objects
- Excessive Ordering/arranging/fiddling with
- Checking & rechecking
- Repeating actions
- Needing to say or do what told not to do
- Needing to start over if interrupted
- Repeating the same question
- Perseverating on a task
- Echopraxia (repeating the actions of others)
- Licking self or others
- Excessive hand-washing/bathing
- Erasing repeating
- Touching objects, others, self
- Sexually touching self
- Picking skin/sores
- Cracking knuckles
- Vomiting
- Smelling hands or objects
- Not able to change tasks

ADHD

- Often fidgets with hands/feet
- Difficulty remaining seated
- Easily distracted/Engages in physically dangerous activities
- Blurts out answers – loses everything
- Difficulty waiting turn
- Difficulty following through on instructions/organizing work. Shifts from one uncompleted task to another

It's important to note that not everyone with Tourette's syndrome experiences all of these symptoms, and the severity of symptoms can vary greatly from person to person.