**OCD**

- Obsession = though/ Image/.impulse -> intrusive, distressing
- Don’t necessarily act on these thoughts
- You can have obsessions with compulsion and still have OCD
- Behaviors -> decrease anxiety or prevent something bad from happening
- Requires a stresser
- People with OCD have overactive amygdala
- Frontal lobe shuts down when amygdala gets turned on
- Low levels of serotonin can cause depression and anxiety
- The stress of having a baby resulted in her showing more of her OCD
- Anxious parents -> anxious kids (possibly)
- If you have a high predisposition it takes less stress to get anxious
- Low predisposition, takes longer to get anxious

**Video example**

- Mothers worrying about their child
- Stephanie continuously looks and scans when driving - afraid that someone will jump into her car and take her child.
- Affects her daily routine
- First obsession is a fear of something to her child and our section obsession is contamination
- Without the predisposition she wouldn't have developed OCD
- With the predisposition and the stress she developed OCD

**INSIGHT**

**Self awareness**

- People with anxiety are aware of their self awareness
- People with anxiety understand that their irrational
- What does it mean to be predisposed?