
S1C8. Other forms of ROCD

Usually, ROCD is understood to impact only romantic relationships. However, since OCD can morph into just about any form, there are other forms of ROCD that are also observed, that may not be categorized as ROCD, but are in fact, types of ROCD.

ROCD can affect relationships between friends, co-workers, boss-assistant, parent-child (Doron et al., 2017) and even siblings. For example, the doubt that your best friend secretly hates you or does not want to be your friend may be indicative of ROCD. Or, thinking that your boss is trying to find evidence against you to ultimately fire you might be a sign of ROCD. Thinking that your co-workers secretly hate your guts may also be indicative of ROCD.

Thinking that your parents do not love you enough or love your sibling more may also be indicative of ROCD. Thinking that you do not have the best interests of your children in mind and thinking that you are a bad parent, may also be indicative of ROCD. Excessive worrying over whether you are raising your children well or not may be indicative of ROCD too. Thinking that your children hate you may also be indicative of ROCD.

This course book focuses exclusively on ROCD between romantic partners, but knowledge of the other forms may help assess if any of the other symptoms exist and similar techniques as outlined in this course book can be used to deal with those too. Discuss with your partner and fill in any manifestations of ROCD with other relationships in Worksheet 2.

In the next chapter we shall discuss healthy and unhealthy relationships.

To-Do:

Fill WS2 - presentations of OCD experienced