



Dear Barry,

My boyfriend tells me that I have major OCD issues (Obsessive Compulsive Disorder). I am in a woman in my early 30's, live alone, have a successful corporate job and dating a great guy. When he comes over (or even friends), if something is moved out of place, I get very anxious. As soon as they leave, I go around the house making sure everything is in its proper place. When my boyfriend stays over, I cannot just go to bed, without checking that the dishes are done, the house is in its proper order and my clothes are put away.

It has even gotten to the point that when I clean and vacuum the carpet, it has to be done a certain way and the lines on the carpet from the vacuum cleaner have to be perfect.

This is starting to interfere with my social life, my work life and taking up a great deal of time, that I could be enjoying life. It has recently started to affect me when I go to someone else's home.

My boyfriend and I have talked about living together, but he has told me that if I do not do something to deal with this, there is no way he could live with my expectations.

What do I do?

Signed – The Curse of OCD

Dear- The Curse of OCD,

OCD is a very serious issue. As you are starting to be aware, it has been affecting your life for sometimes and appears to be getting worse. Sometimes, people with OCD, develop it because in their childhood. They grew up in a home that was full of chaos. The only thing they could control, was to keep their own environment in an orderly manner. Other times, it could be something that one is born with.

It must be so frustrating trying to get the lines in your carpet lined up. The anxiety you experience around objects in your home being moved even slightly out of place is normal for people with your type of OCD. You need to get some professional help. A professional will work with you on behavioral modification. They also might recommend that you see a psychiatrist for appropriate medication that is known to help with lessening the symptoms and in some cases eliminating some of them.

There are many different ways OCD will come out in someone. It is not abnormal to see one OCD behavior disappear and another one develop.

If you want your relationship, your friendships, and a life, I would get yourself into therapy, and possible on medication.

Your boyfriend must really love you, so start loving yourself, get out of denial and get some help.