The checker is mostly afraid of catastrophes. For checkers, the possibility of a natural or man-made disaster is an extremely real one. On top of that, people who struggle with this type of OCD will compulsively check doors, windows, alarms, stoves and other electrical appliances.

The arranger is a perfectionist. He or she cannot live with even the slightest disorder. For example, books can be arranged in alphabetical order, by title or the author’s name, or they can be placed in sections, depending on the content of each book. This uncertainty carries a sense of strain for those who struggle with this form of OCD.

The hoarder is an extreme collector. From newspapers and magazines, to clothes, shoes, ties and almost any other material thing, people who struggle with this type of OCD feel the need to obtain and collect objects. Considering that almost every man-made product comes in various shapes, sizes, colors and models, a hoarder can easily develop obsessions for virtually anything. The source of compulsive hoarding lies somewhere deep inside the walls of your mind. Our moral or religious standards should serve as guidance, not a tool for counting mistakes and creating punishment.

The cleaner is probably the most common obsession among people who struggle with OCD. We already know that OCD has two major components: obsessions and compulsions. Not all of them are terrified by the idea of germs and bacteria living on the surface of objects. The difference is that the cleaner absolutely can’t stand the idea of germs anywhere. For them, a slightly wrinkled shirt or a misplaced book means chaos and contamination. They are afraid of anything, even of the mere thought of it. The cleaner will compulsively wash their hands 50-100 times a day (in a frantic manner) or they take several showers.

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