only in moderate doses.

strict boundaries.

our relatives.

OCD. Of course, having something to respect or look up to can certainly be beneficial, but knowing when to give up and when to persevere.

explanation to that may be that we have been raised in similar ways and circumstances, as concern. For instance, they might believe that safety and security can only be ensured by the same problem is slightly higher, compared to other people. However, an additional we try, we will never be able to gain full control. The only reasonable way to deal with life is by a look at four possible explanations for obsessive-compulsive disorder.

aspect of their children's lives are not malicious. In fact, most of them do it out of love and becomes a compulsion.

thinking.

other challenge, you need to get to the root, before you can make a real change. So, let's take have become familiar with. Life is usually unpredictable which means that, no matter how hard and compulsions, until we make peace with our painful past.

obsessions, in hopes of controlling every little aspect of our lives, because this is what we have a greater probability of developing OCD, than dizygotic, or fraternal twins. Studies have shown that if one of our first-degree relatives has OCD, the chances of us having to face this is with OCD, as is with any other mood disorder, most experts agree that it's 70% environment and 30% genes.

and live better.

of caring for others, it's likely that in order to have a better chance of raising your children properly. However, some of these children might end up having OCD, because, like said earlier, we all learn in different ways.

Predisposition Is Not Detrimental

Genetics

Culture

Trauma

Authoritarian Parenting Style

Find the Trauma

Counteract

Let's picture it...

Room for Flexibility

Words Can Be Traumatic

Predisposition Is Not Detrimental

However, trauma doesn't settle in only as a consequence of punishment or abuse. Last but not least, in some rare cases, patients with meningitis, epilepsy or encephalitis have also developed symptoms of obsessive-compulsive disorder.

We all know that children who were raised by very strict parents will eventually end up having A key point to remember, is that even if you have been raised in a stern environment and that in terms of causes, OCD still poses a challenge for both researchers and therapists. While Since culture is such a huge part of our lives, we cannot prevent it from shaping our Whether we like it or not, culture has and will always influence our personalities. It's simply

Not everyone who suffers from OCD is interested in knowing the true nature of their condition. Keep in mind, however, that the topic at hand is predisposition and not a certainty. Being Whether we like it or not, culture has and will always influence our personalities. It's simply

Some just want an easy way out, but without knowing what's hiding underneath our obsessions during adulthood. A child who was severely punished for not keeping their room tidy, is more likely to develop a cleaning obsession when they grow up. Imagine living in an authoritarian society where norms and rules must be obeyed at all costs. Sadly, living in an authoritarian environment leaves little room for flexibility and adaptability. If sad at heart, we all seek to escape, to find a place where we can breathe easy and don't have to feel like

Imagine living in an authoritarian society where norms and rules must be obeyed at all costs. Since culture is such a huge part of our lives, we cannot prevent it from shaping our 

Not everyone who suffers from OCD is interested in knowing the true nature of their condition. Keep in mind, however, that the topic at hand is predisposition and not a certainty. Being Whether we like it or not, culture has and will always influence our personalities. It's simply