

DTDF Essentials

OCD vs. Overthinking: Self-Check Guide

Understand the Difference. Recognize the Patterns. Reclaim Your Calm.

- My thoughts are repetitive and unwanted, not just worries I can reason through
- I feel a strong urge to perform actions or rituals to relieve anxiety (checking, counting, repeating)
- My thoughts cause distress even when I know they're irrational
- I find it difficult to stop thinking about something, even when it has no logical basis
- I often overthink, but I can usually shift my focus when distracted
- My thoughts are tied to real-life stressors or decisions
- I experience anxiety if I don't complete a certain behavior 'just right'
- I feel shame or fear around my thoughts, even if I don't act on them
- I rely on reassurance or repeated behaviors to reduce mental discomfort
- My overthinking feels exhausting, but doesn't control my actions the way compulsions do