OCD Cycle

Step #1
Trigger

Step #2
Obsessions
or reoccurring intrusive thoughts

Step #3
Emotions:
Anxiety
Distress
"Not-just-right"
Shame
Disgust
Fear

Step #4
Compulsions
actions used to try & get rid of bad emotions or thoughts

Step #5
Short-term relief
from thoughts & emotions

and the cycle continues