

## Symptoms of Obsessive Compulsive Disorder



# Obsessive Compulsive Disorder Travis Breeding

**JE Gale**



## **Obsessive Compulsive Disorder Travis Breeding:**

*Unraveling The Mind* Travis Breeding, 2024-02-20 In *Unraveling the Mind* Understanding OCD Autism and Obsession Travis Breeding masterfully navigates the intricate landscapes of Obsessive Compulsive Disorder OCD and Autism Spectrum Disorder ASD offering readers a profound insight into the complexities of these often misunderstood conditions Drawing from his own experiences as someone on the spectrum Breeding delves deep into the intertwined worlds of OCD and autism unraveling the intricate threads that bind them together Through poignant anecdotes and meticulous research Breeding sheds light on the unique challenges faced by individuals living with both OCD and autism providing invaluable clarity for those navigating similar journeys From the relentless cycles of obsessions and compulsions to the sensory sensitivities and social complexities inherent in autism Breeding's compassionate exploration offers a beacon of hope for readers seeking understanding and empowerment *Unraveling the Mind* is not just a book it's a roadmap for acceptance resilience and self discovery With its compelling narrative and profound insights this book is a must read for anyone touched by OCD autism or the intricate workings of the human mind Prepare to embark on a transformative journey of understanding and compassion as you delve into the depths of the mind alongside Travis Breeding

**Obsessive Compulsive Disorder** Travis Breeding, 2015-12-07 Travis shares what his life is like with Obsessive Compulsive Disorder Travis shares how sometimes his obsessions get the best of him Medicine intended to help has only made his obsessions worse Follow along Travis journey trying to overcome Obsessive Compulsive Disorder Autism and Schizophrenia Travis shares about his obsession with social skills coaching and how it can help him be cured Travis talks about his obsession with dating and relationships and how it is unhealthy for him Travis will educate the reader about how Obsessive Compulsive Disorder can take over someone's life and cause them to lose interest in anything and everything that they had already known loved and enjoyed in their life OCD can take over causing a pathway to self destruction in a person's life Travis shares how he is working on learning new behaviors to help him cope with and handle his obsessions He is honest and candid in this great book trying to educate the reader about how obsessions can really affect someone's life Here is an excerpt from the book I have seen first hand how OCD can steal life from someone While people suffering from OCD do not have a life threatening disorder they do have a disorder that interferes with their ability to live a good quality of life I have learned that when I spend my whole day obsessing over things that I cannot control I get so depressed and frustrated and it makes it very difficult for me to be able to enjoy things I used to enjoy Earlier I had mentioned that I used to enjoy music but I also use to enjoy sports both watching and playing sports Now I am unable to even sit and watch a football or basketball game because for some reason my brain just will not allow me to enjoy anything at all My obsessions get me into a lot of trouble in a lot of ways and it is very frustrating for me to try and cope with my issues A lot of time my anxiety towards my obsessions causes me to make rash decisions and it usually leads to me making the wrong decision I have always had a difficult time making friends I have been diagnosed with so many things

including autism schizophrenia bipolar personality disorder and obsessive compulsive disorder There are many reasons that I have a difficult time making friends and forming relationships but my OCD is what is really impacting my life right now and in the past How to Overcome Anorexia, Bed-Wetting, and Obsessive Compulsive Disorder Travis Breeding,2014-12-07

This book is a first hand account of how one man lived through all three of those issues as a young adult This book will follow Travis through his path with a serious eating disorder and follow all of his attempts to try to eat healthy and not starve himself Travis shares how his obsessions and obsessive compulsive disorder started affecting him in his early 20 s Travis begins a rapid and intense work out routine hoping to get girls to like him Travis fear is that girls hate him and think that he is fat and ugly Travis begins trying to change things about himself in hopes that it will help girls to like him Travis provides a rare perspective from a male on eating disorders that we typically see in women Travis starts his college career at Indiana University but the social anxiety of being a huge campus causes him to quit school He decides to try Indiana Wesleyan University with hopes of fitting in and being liked by girls there but the situation was only getting worse Spring tour for the wind ensemble is fast approaching and Travis needs to desperately find a way to hide the fact that he is anorexic and cover up his bed wetting problem so other peers his age would not know he wet the bed Will Travis be successful with these goals Read on to find out Autism Travis Breeding,2021-06-18

Many neurodivergent autistic individuals experience co morbid mental health symptoms along with their autism Travis experiences extreme anxiety and obsessive compulsive disorder to go with autism In this book Travis details how OCD impacted his life and tells the story of how he found ways to cope and manage his symptoms to get his life back Travis is now living his best life and wants to share his story with you so that you can live your best life Once obsessed with sex and unable to connect with anyone Travis now has friendships and relationships that are meaningful to him Learn how Travis found a medication to help ease some of the intensity of his obsessions and compulsions all while learning cognitive behavior strategies to refocus his attention on other things that distract him from his obsessions Autistic people often have a special interest When the special interest couples with an obsession it can become an unbearable perseveration Learn how Travis used to be so obsessed with getting a girlfriend that he paid girls money to hangout with him provide companionship and provide intimacy Travis discloses his gambling problems that he had in order to try and get more money to pay someone to spend time with him and make him feel better Travis shares that it was his OCD and not his autism that made him appear to be socially awkward and have poor social skills That OCD caused him to skip steps in building relationships that we would often associate to an autism spectrum disorder Turns out Travis has excellent social skills when he is not obsessing over his obsessions Grab this book and sit down for an amazing read that will help you appreciate the co morbid mental health challenges many autistic individuals encounter **Is Your Child's Fascination an Obsession Or a Special Interest of Autism?** Travis Breeding,2014-07-08 With so many aspects of Autism it can be hard to distinguish between what is what Special Interests are a huge part of someone with Autism s life

That said it can be hard to distinguish between an Autism Special Interest an obsession or Obsessive Compulsive Disorder I In this book Travis discusses each of the three and gives ideas for how you can tell the difference between each Travis will compare and contrast all three aspects of Autism in this great book Special Interests are different than Obsessions Obsessions are also different than Obsessive Compulsive Disorder Read this book to learn how and why This book also comes with an intermediate guide book for parents and educators about Autism related issues like special interests social skills social thinking escape into imagination and more This is a great book that will give you incredible and valuable insight into an Autistic person s life An intermediate Autism Guide Book about social thinking special interests escape into imagination friendships relationships and more is included in this book

**The Domestic Dog** James Serpell,2017 Second edition of a classic text on canine science and behavior incorporating two decades of new evidence and discoveries

Is Your Child's Fascination an Obsession Or a Special Interest of Autism? Travis Breeding,2014-07-08 With so many aspects of Autism it can be hard to distinguish between what is what Special Interests are a huge part of someone with Autism s life That said it can be hard to distinguish between an Autism Special Interest an obsession or Obsessive Compulsive Disorder In this book Travis discusses each of the three and gives ideas for how you can tell the difference between each Travis will compare and contrast all three aspects of Autism in this great book Special Interests are different than Obsessions Obsessions are also different than Obsessive Compulsive Disorder Read this book to learn how and why This book also comes with a beginners guide book guide book for parents and educators about Autism related issues like special interests social skills social thinking escape into imagination and more This is a great book that will give you incredible and valuable insight into an Autistic person s life Does your child have a unique fascination with Legos Thomas the Train or something else This book will help you determine if their fascination is a normal interest an obsession or a special interest Included in this book is a complimentary Autism Resource Guide

*Science* John Michels (Journalist),2010

**An Apology to the Autism Community Mental Illness Stealing and Lying** Travis Breeding,2014-12-07 Over the past few years I have spent a lot of time being negative about autism This was mostly because I was experiencing an entire different set of symptoms and I could not find any autism professionals who understood that I would later find out that I had a mental illness to go along with Autism I truly believed that autism was going to kill me I thought all of the delusions hallucinations and voices were the autism telling me that I was not good enough for anyone and I would never be neurotypical In 2007 I was diagnosed with Asperger syndrome a high functioning form of autism For the first few years after that I tried to learn how to cope with autism I was doing okay with it until late 2009 or early 2010 when I started having hallucinations and delusions I just thought that it was a part of autism because I had not been diagnosed with anything officially at the time other than autism My mental illness combined with autism caused me to do some selfish things because I felt I had to do them or I was going to die An example of that would be taking money from my business and using it to pay someone to go on a date with me I struggled greatly with simple business

management issues and let a lot of people in the autism community down Because of that I wanted to write this book as an apology to the autism community for the mistakes I have made while trying to cope with mental illness I am now receiving great therapy and feeling much better mentally Autism does not seem so bad now when I am not having hallucinations or dealing with mental illness issues This book is an apology to the autism community and to parents of children with autism Some symptoms I may have talked about or reported were more likely symptoms of the mental illness I was suffering from and are not accurate symptoms of autism I do still have autism but it is much easier to cope with everything autism related when you can think clearly and are not confused because of your mental illness Autism is a beautiful thing and I am now back to enjoying my own life and living happily with autism This book will talk about the mistakes I have made and how I am working to correct them In this boo I will share how I was so desperate for friendship I was willing to steal from and lie to the people that I loved and the ones who loved me the most in order to feel companionship and intimacy Intimacy and companionship are challenging for people with autism so that part was definitely related to autism however the way in which I responded and trying to accomplish that was not The obsessive compulsive disorder the schizophrenia and all of the voices hallucinations and delusions were all a part of mental illness     *Anything You Can Do, I Can Too* Travis Breeding, 2013-10 We ve all heard of the song Anything You Can Do I can do Better This is something that I have taken with me own life and adapted it into the way I approach social interaction and things dealing with Asperger s Syndrome I believe that all children have the ability to learn feel love and connect with other children Some will be better at it than others Some people have made autism out to be this horrible thing and blown it way out of proportion The truth is autism is no different than anything else in life For example look at two people who play basketball Let s compare Michael Jordan to myself in that regard I played basketball in elementary school and now I shoot hoops for fun every now and then MJ is a professional and played for the Chicago Bulls Michael Jordan is the greatest player to ever play in the National Basketball Association If he and I were to play one on one I would most certainly lose My conclusion is Michael Jordan is a better basketball player than I am I m okay with that Believe it or not there are some things that I could be better at than he is This is no different than comparing a neurotypical child to a child on the autism spectrum While one might excel and have great social skills the other might go onto become an engineer or invent something useful to society While we all alike in some ways we are also different in many other ways You have to remember no matter what that we are all unique We all have something to contribute to this world That s the beauty of life When you put all of us together we have a great variety of people with different likes and interest If everyone all liked the same thing there wouldn t be enough of it to go around for all of us Always remember some people are going to be better at something than you are but you are also better at something than they are Have this attitude about life in general especially about autism There are many things that you will learn from your child if you are patient and allow them to teach and communicate to you Something important that I ve learned in my journey of studying autism spectrum disorders

is that are kids will comply with a request They will most often do what we ask It might not be on our time table as it may take them longer Children with autism will comply with a request if given the chance It may take them longer than other children and we just have to remember to be patient Stop take that extra minute out of your busy agenda for that day and allow the child to show you he or she can listen and comply with request What a lot of people don't realize is that everyone has some social awkwardness in their lifetime We are not perfect It's natural to mess up every now and then I want you to remember this next phrase every time you as a parent are having a rough day or are discouraged with the frustrations of autism Everyone experiences symptoms of autism People have anxiety every day People also have Obsessive Compulsive disorder These are quite normal things in our society Other people's children go through some of the same things that your child is Your child just experiences each thing on a more intense level Your child also might have a combination of those symptoms that go together to make what we know as autism spectrum disorders So remember everyone has aspie moments all throughout their life You are not alone and with over 750 000 children in the United States alone with an autism spectrum diagnosis you have plenty of support **International Who's who** ,1995 *Forthcoming Books* Rose Arny,1998-06

Who's Who in Medicine and Healthcare Marquis Who's Who, Inc,1998 Recognizing today's leaders in the teaching practice planning financing and delivery of healthcare Across the country healthcare professionals are facing new demands for accessible high quality care at a reasonable cost Who's Who in Medicine and Healthcare TM recognizes those whose achievements place them at the forefront of an evolving healthcare system The current edition provides vital biographical background on approximately 22 700 successful medical professionals administrators educators researchers clinicians and industry leaders from across the diverse fields of medicine and healthcare Association administration Dentistry Medical education Geriatrics Gynecology Healthcare products Hospital administration Internal medicine Mental health Nursing Optometry Pediatrics Pharmaceuticals Public health Research Social work Speech pathology Substance abuse Surgery

**Cumulative Author Index to Psychological Abstracts** ,1975 Obsessions That Kill You Travis E.

Breeding,2016-05-02 Travis shares how obsessions took over his life after high school People with autism tend to fixate on something and become more obsessed than normal with it and this causes them a lot of self destruction in other areas of their lives Sometimes people with autism develop a special interest in something and a special interest can sometimes be unhealthy for people with autism that fixate often While people with autism are more likely to obsess over things than others it does not mean that every single obsession is a bad thing or is something destructive Some obsessions and fixations are good like for Travis his obsession in middle and high school was playing the trombone in the band and jazz band He became really good at playing the trombone because his obsession caused him to fixate on it and really learn how to play it Then there are the unhealthy obsessions that come along with hearing voices and having hallucinations They are girls and breasts for Travis As an adult that is all he can think about and it has gotten so bad that he is unable to even begin to function in

other areas of his life Every time Travis gets a job he fails at it and ends up quitting because he does not know how to talk to women Travis adult obsessions are not healthy for him or others around him Travis s adult obsession caused him to lose his trombone and music career because he could not even focus on playing the trombone anymore due to constantly obsessing over women and their breasts This book will show you how quickly obsessions can destroy someone s life and make it hard for them to function In a way you might say that these obsessions can kill a person or at least take the life away from the person we knew before the obsessions and voices started This is a great book for people wanting to learn more about autism fixations and special interests and obsessions in general Here is an excerpt from the book For me the obsessions I think are a combination of two things I think the first thing going on is that I am very obsessed and fixate on things That happens naturally for me and it makes it very hard for me to focus on other areas of life when I am stuck on this one thing trying to learn and figure it out I have been stuck on women and their breasts for many years now since I was 21 years old I have been trying to figure out how to have a romantic relationship with a woman Because of my fixation I put so much time and energy into building a relationship with a woman that I forget about other areas of my life and other areas of my life tend to fall apart because of my obsession

**Making My First Friend** Travis Breeding, 2013-08-21 This is a social story about how I made my first friend I will give examples from my childhood as I made friends with Eric I met Eric in Kindergarten I didn t know anyone and had no idea how to make friends This book gives you ideas for helping your child learn how to make friends This is great for working with children one on one or in groups The best way to make a friend is to be you Chapter Titles 1 I Am An Aspie Chapter 1 explains what it s like to live with Asperger s Syndrome You ll get some ideas on what life is like and how my mind works differently but not less than yours 2 Connect With Us In chapter 2 you will learn about my make believe world I will give you some tips on coming into your child s make believe world to connect with them 3 My First Friend In chapter 3 you will meet my very first friend Eric Learn how I made friends with Eric I give some tips on helping your child make new friends Learn how I reacted when I found out my first friend was moving away 4 My Special Interest In Friendship Sometimes people with Autism develop special interest in objects or things In some cases they develop a special interest in making friends This chapter gives you an in depth look at how the special interest comes into play when making friends 5 Are You My Friend Or Are You A Bully Chapter 5 gives some tips on how to help your child determine if the friends they interact with are really true friends or if they are bullies taking advantage of them 6 One Dimensional Mind Chapter 6 talks about how the autism mind can be one dimensional meaning we tend to have intense focus on one area or subject and sometimes have a difficult time focusing on multiple things at once 7 Escape Into Imagination Related to the make believe world Escaping into Imagination is a great coping tool for me Learn how it helps me get through some difficult days It can also be a place where I get lost and have a difficult time with reality 8 Obsessions Or Special Interests A special interest is not Obsessive Compulsive Disorder It may appear to be an obsession but it is not related to OCD 9 Social Thinking and Context In

chapter 9 you will learn more about social skills Social thinking and context are related to social skills They are how we apply the social skills that we learn Learn how I use social thinking and context to make friends Excerpt Kindergarten was a rough time But I recall my first friendship with a kid named Eric At that young of age I can't tell you how the friendship began or developed It naturally happened When we are children at that age there are a lot less social norms and rules to making a friend and keeping a friend Things happen naturally I remember running around on the playground with Eric and some of his friends playing games like Cowboys and Indians These things took little to no effort for me It was a natural situation in which I was able to just be in the moment and develop a natural friendship with Eric

*Sexual Obsessions in Obsessive-Compulsive Disorder* Monnica T. Williams, Chad T. Wettenberg, 2019-07-09 Many people suffer in secret from unwanted sexual obsessions These people are not perverts or pedophiles but normal individuals with a brain based condition called obsessive compulsive disorder or OCD Most of us have heard of OCD but few realize that OCD can cause people to have terrifying sexual thoughts that just won't go away Many therapists are baffled by these symptoms and may spin their wheels trying to get to the root of problem The good news is that there are effective short term treatments to help sufferers overcome these demons and start feeling better again

**Obsessive Compulsive Disorder** Frederick M. Toates, Frederick Toates, Olga Coschug-Toates, 2002 As many as 1 in 30 adults and 1 in 100 children currently suffer from Obsessive Compulsive Disorder It is much more common than was previously thought with up to 2 million people being affected in the UK Sufferers experience intrusive thoughts and anxieties resulting in compulsive behaviour that can seem bizarre to those that have no experience of the disorder Why would someone feel compelled to touch the four walls of a room in a clockwise fashion as soon as he enters it Why would someone look at an object 3 times with his right eye followed by his left eye OCD sufferers are aware that these rituals are excessive and irrational but they cannot control their behaviour They are plagued by intrusive thoughts that they cannot banish from their mind and are often tormented by these thoughts which they find profoundly disgusting or upsetting The cause of OCD is still not known but it does appear to run in families and can occur together with other disorders such as depression anxiety disorders eating disorders and Tourette's syndrome Dr Frederick Toates an experimental psychologist relates his own experiences of obsessional neurosis and his successful quest for a cure in the

**Obsessive Compulsive Disorder and Comorbidity** Ruth Gross-Isseroff, Abraham Weizman, 2006 Obsessive Compulsive Disorder Comorbidity *Obsessive-Compulsive Disorder* Ross G. Menzies, Padmal de Silva, 2003-03-28 The last five years have seen substantial advances in the state of knowledge of all aspects of OCD and this volume brings together many of the recognised leaders in the field to provide a state of the art account of theory assessment and practice in treatment

The Top Books of the Year Obsessive Compulsive Disorder Travis Breeding The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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