

# THE ODD-YSEY

CURIOUS ABOUT WHAT IT FEELS LIKE TO HAVE “JUST RIGHT” THEMES OF OCD? “JUST RIGHT” IS AN OBSESSION WITH THINGS FEELING “COMPLETE”, “RIGHT”, OR “GOOD ENOUGH”. IT IS AN OVERWHELMING SENSATION THAT IS OFTEN DIFFICULT TO DESCRIBE AND GETS IN THE WAY OF FUNCTIONING. COMPULSIONS INCLUDE FIXING, CHECKING, RE-DOING, AND REPEATING.

**ACTIVITY:** AT THIS STATION, YOU CAN “WALK A MILE” IN SOMEONE’S SHOES WITH “JUST RIGHT” OCD. THROUGH THIS SIMULATION, YOU WILL FEEL “WRONG” AND “INCOMPLETE”. YOU WILL HAVE AN ITCHING FEELING TO MAKE THINGS RIGHT! PARTICIPATION MAY INCLUDE WEARING SHOES TOO BIG OR READING SLANTED WORDS. THIS IS ONE WAY THAT WE CAN PROVIDE MORE INSIGHT INTO THE EXPERIENCE OF SOMEONE LIVING WITH OCD.

