

Kids Korner

Hi, my name is Kathleen, I am nine years old and I have OCD. My mom figured out I had OCD when I was six, she knew what was happening since my older sister Bridget also has it. When I was six I had a lot of weird habits. Some of them I don't even like to talk about now. The main habit, that I don't mind telling you about was that I would say 'I think' before everything I said! I mean everything. At first it seemed funny but then I couldn't stop saying it no matter what. I also did a lot of checking, like the bathroom spigots and lights and doors. I would worry about all of these things all the time. Many times I would have to sit with my mom at night on the couch and try to get my mind from racing about my worries.

My mom found a nice doctor that helps other kids with OCD and we started to meet at her office in town. She showed me ways to start to boss back my worries. We even named the 'worry' a funny name so that when I had it, I could say the funny name to take my mind off of it. After practicing this a lot, my worries would kind of go away.

Another thing I love to do to keep my mind off of my worries is write and draw and do art. When I was eight I wrote a book with the letters of the alphabet about my OCD. I really liked working on something and my mom said this might be able to help other kids with OCD. When I do my writing and art I don't worry about things so much. My mom helped me put my words and my picture of my 'Boss Back' guy on the computer so we could make a book. We named him 'Boss-Bax' and I made a big group of them so we added them to the book.

My book is called The ABC's of OCD. It starts with 'A is for always doing it AGAIN'. I like glow-in-the-dark so we have that on the edges of the book to make it more fun to have.

Now that I am nine, my OCD has gotten much better. I am very glad that I went to the OCD doctor to learn how to tell my habits to go away. Sometimes they are still there but the habits don't bother me as much. I like to say 'Life will be OK', that's in my book too!

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