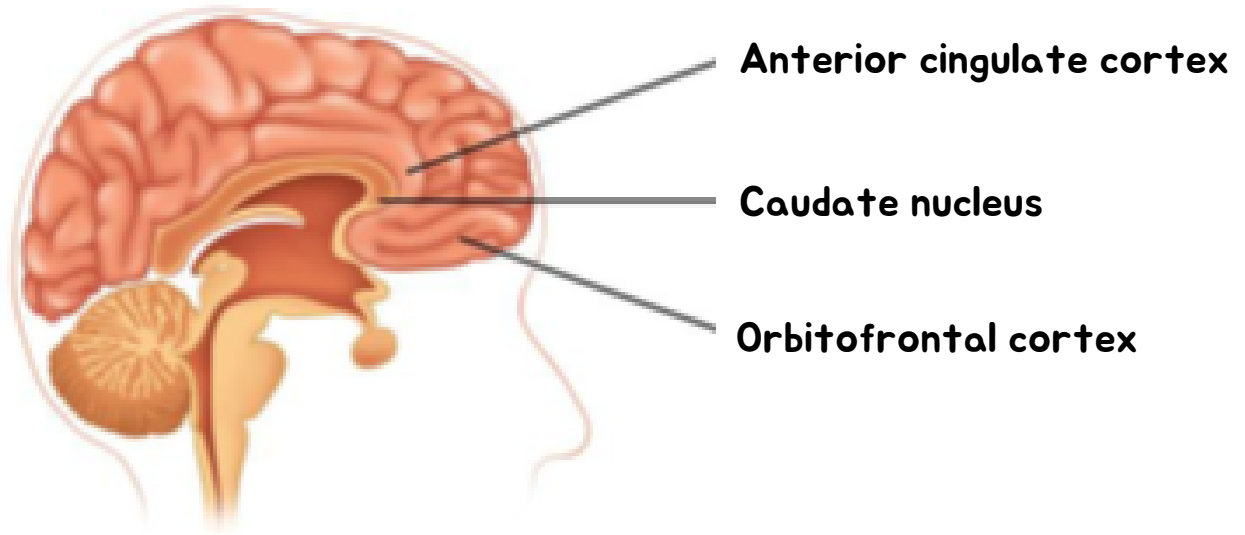


# My OCD Brain



## Orbitofrontal cortex

- Orbitofrontal cortex acts as an error detector - it tells us when something goes wrong.
- When orbitofrontal cortex is activated, we usually have a feeling that something is wrong and that it needs to be corrected by changing our behaviour.
- Activated orbitofrontal cortex causes exactly the feeling that bothers people with OCD.
- Excessive activation of this area in OCD leads to a strong, intrusive feeling of 'Error! Error! There is something wrong here!', although the person actually knows that everything is fine.



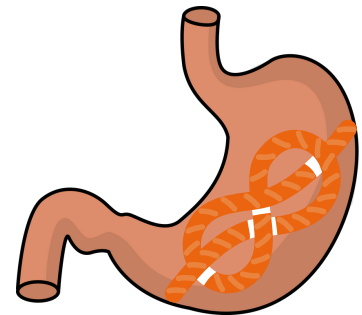
## Caudate nucleus

- Imagine caudate nucleus as an automatic gear for emotions and thoughts. Thanks to this structure, brain in most people is able to smoothly move from one thought/emotion to another.
- OCB brain is similar to having manual gear instead of an automatic one, which also has difficulties changing the gears.
- Due to excessive activity of the caudate nucleus, OCP brains remain "stuck at one gear (thought)" and can never move on to the next one.
- Because of this "gear jam", brain is faced with difficulties in the flow of information.



## Anterior cingulate cortex

- Anterior cingulate cortex is connected to the brain centers that control heart and gut.
- Anterior cingulate cortex is probably responsible for causing feelings of knots in the stomach, anxiety, and fear in people with OCD, who feel that something terrible will happen to them if they resist compulsion.



When you start feeling overwhelmed, remember the structures in the brain that are overactive in people with OCD. That way, you can remind yourself that: "It is not me, it just my OCP brain."