Twitter Thread by shira has OCD and ADHD

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@shiraisinspired

Thread about intrusive thoughts, by someone who has intrusive thoughts:

I've seen people on here say they'd end friendships over someone's intrusive thoughts. As someone who's had some disturbing ones, I want to address that. Intrusive thoughts don't make me a bad person.■

I think one of the biggest problems is that we don't talk enough about intrusive thoughts. People don't understand them. They're not purposefully being insensitive, they just genuinely don't understand the nature of intrusive thoughts. Intrusive thoughts are INTRUSIVE.

That means you can't control them. They're NOT PLEASANT. No one wants to have these thoughts running through their heads at inconvenient times. No one is having disturbing intrusive thoughts because they're in the mood to be disturbed.

Tw/ suicidal ideation

Everyone has random, intrusive thoughts pop into their heads, For example, have you ever been driving on a highway and thought to yourself, "I could just yank the wheel right now?" Thats an intrusive thought. But for most people, it's easy to brush off

People who experience intrusive thoughts as a mental illness symptom can't just do that. They can't just brush off the disturbing thoughts that pop into their heads. They get STUCK in them. And it's incredibly distressing.

The content of these can be taboo, especially for people with ego dystonic OCD thoughts, which makes them really difficult to open up about. Intrusive thoughts a often lead to tremendous shame and feelings of being isolated. And fear of judgement keeps people from opening up.

If you want to learn more about OCD thoughts, you can read my thread about living with OCD: https://t.co/VPNQTGGFmQ

> OCD is horribly misrepresented in the media. Emma Pillsbury, Monica Geller, and Adrian Monk are depictions of stereotypical OCD behaviors rather than representations of actual people with OCD. So here\u2019s a thread about what it\u2019s actually like to live with it:

— shira has OCD and ADHD (@shiraisinspired) September 13, 2020

Sometimes these thoughts are accompanied by invasive images of disturbing sexual or violent events. Imagine having a disturbing scene from a horror movie stuck inside your head all day. Imagine that you despise horror movies. Intrusive thoughts often feel like that.

Tw/ violent intrusive thoughts

The nature and content of intrusive thoughts vary by illness. For people with OCD, intrusive thoughts literally contain our worst fears. If I'm terrified of accidentally hurting my family, I might have intrusive thoughts of stabbing them to death.

But OCD thoughts are ego dystonic, which means they don't align with our values or intentions. In fact, the reason our intrusive thoughts are so disturbing to us is BECAUSE we would never do the things we're often petrified or doing. They directly go against are biggest values.

Intrusive thoughts are also a symptom of other disorder like PTSD. And like I said, the nature of the thoughts varies. For example, people with PTSD tend to experience intrusive thoughts related to their trauma and may get stuck in traumatic memories.

But intrusive thoughts are not indicators or true character. They're automatic. They're not a choice. Telling someone you won't be their friend because of their intrusive thoughts is like telling them you won't speak to them because they like horror TV.

It's hard enough for people with intrusive thoughts to open up about them, usually because they're scared of judgement. Imagine how it feels to hear people saying they'd literally end friendships over thoughts you can't control. It's devastating.

My intrusive thoughts don't make me dangerous. But it's hard for people who don't get them to understand that when they hear me talk about disturbing thoughts that get stuck in my head and make me anxious. That's why education is important. Education is the enemy of stigma

RTs for awareness are appreciated

Also please feel free to share your own experiences if you're comfortable (add trigger warnings when appropriate) I know my experiences aren't entirely universal and everyone experiences intrusive thoughts in slightly different ways