



# Shepherd Care®

*To Care for People Where They Live and Work*

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## COMMUNITY Care TOPIC

### **Hope for the Obsessive Compulsive**

Total Control, Total Perfection, Total Order...Totally Impossible!

#### **Control**

A compulsion to have everything under control. When things are not, then anxiety results. We need to have realistic expectations.

The control we have- what we will wear and when we will wake up.

The control we do not have- what other people will wear and do.

#### **Perfection and Order**

Extreme Perfection- this is unrealistic and unobtainable. Everything does have a place...it just is not sensible and reasonable to organize every area of every life.

Partial Perfection- Do your best. Take steps. Settle for what is practically obtainable.

#### **Peace**

Developing acceptance skills results in peace. Peace can be obtained by:

- Visualizing a large hand and placing items in this hand that are beyond control.
- Developing a written plan for what areas and in what ways you will achieve order. This plan should

include boundaries to ignore items beyond your control. *Partial order is better than no order.*

- Ask for an accountability partner. This extra support can help when you feel anxiety affecting you.
- Get professional help. See a counselor if matters are causing too much stress in your life.

You **can** have peace in the midst of confusion. Just take the correct steps. "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid" (*John 14:27*).

Your Community Chaplain

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"A place for everything,  
everything in its place."

**Benjamin Franklin**

"Therefore, I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature?"

And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which today is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith? ...But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof."

**Matthew 6:25-34**

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