



## ORDER OF ST. THOMAS | OBSESSION COMPULSION

### Causes

#### *Trauma*

- Painful events (great harmful change for instance: experiencing and witnessing physical and psychological harm such as family separation and cowardice)
- Long term stress (continuity of harm for instance: keeping company with pessimistic individuals)

### Effects

#### *Obsessions* [harmful thoughts or urges]

- Thoughts (intemperance for instance: wish to harm others such as larceny, violence, torture or murder; wish to harm self such as fleeing, passivity, injury or suicide)
- Urges (incontinence for instance: desire to do harm to others or self)

#### *Compulsions* [ritualised behaviour: physical or psychological]

- Physical (for instance: excessive hand washing, checking locked doors and touching certain objects)
- Psychological (for instance: mentally recreating harmful events, mentally channeling energy and affirmations)

### Solutions

#### *Trauma* (ultimate efficient cause)

- Explore then accept painful events without agreeing to them
- Remove self from stressful environment

#### *Obsessions*

- Read Aristotle's ethics: Nichomachean Ethics, Eudamean Ethics, Magna Moralia and On the Virtues and Vices
- Read Friedrich Nietzsche's The Will to Power
- Read the New Testament

#### *Compulsions*

- Set a vision for self

- Break the positive feedback loop
- Imitate Christ (eternal resurrection of individual action)
- Imitate St. George (overcome problems directly through courageous exposure to achieve one's vision in life)
- Routine sleep cycles
- Routine healthy meals
- Routine bodily exercise