Rehab Identifies Key Triggers Contributing to OCD: New Insights Could Transform Treatment Approaches

April 14, 2025

SARASOTA, FL - April 14, 2025 -

Sarasota, FL ? Clean Recovery Centers recently published a blog post that uncovered potential triggers of obsessive-compulsive disorder (OCD). OCD is a mental health condition made up of persistent, intrusive thoughts known as obsessions and repetitive behaviors known as compulsions. These compulsions are performed to alleviate stress and anxiety. Those who have OCD have areas of the brain that are more active, such as the orbitofrontal cortex (OFC) and the anterior cingulate cortex (ACC). OFC is responsible for decision-making, while ACC controls cognitive functions. When an OCD trigger is experienced, these areas overreact, causing symptoms.

?OCD can be triggered by various factors, and pinpointing these can be valuable for managing symptoms. For some, triggers may be related to fears of contamination, symmetry, harm, or taboo thoughts. Others may experience OCD triggers connected to specific life events or environments. Stress often plays a pivotal role in activating OCD symptoms, but the triggers themselves can vary between each person,? the blog post states.

Triggers are often environmental, emotional, or physical. Environmental triggers come from a person?s surroundings and cause obsessive thoughts or compulsive behaviors. For example, a cluttered home might

trigger someone who fears disorganization, while public spaces might trigger someone with concerns about germs and contamination. Emotional triggers are feelings of stress, guilt, shame, or sadness, which can all increase anxiety levels. Many of these triggers come from unresolved past trauma. Physical triggers are ones that involve the senses, including touch, taste, smell, and hearing. Certain materials on the skin, specific sounds, or internal feelings like a racing heart from anxiety can all be physical triggers. Many times, like with emotional triggers, these can also be tied to past trauma. Commonly experienced OCD triggers include touching something unclean, seeing something uneven, forgetting to answer a test message, or getting diagnosed with the flu.

Learning to manage OCD triggers involves various techniques that can be learned from therapies and skill development. The first step to managing one?s triggers is recognizing the signs leading up to them. These signs include increased intrusive thoughts, a sudden urge to perform repetitive behaviors, chest pain or a rapid heart rate, or avoidance of specific situations. Stress is often a key driver to OCD triggers, and meditation and grounding techniques can be a helpful way to manage this. One of these methods is the 3-3-3 method, which involves naming 3 things that are seen, 3 things that are heard, and 3 moving body parts.

?Overcoming OCD triggers, thoughts, and behaviors can take help from mental health and medical professionals. One of the most effective ways to treat OCD triggers is through exposure and response prevention (ERP). ERP is a branch of cognitive behavioral therapy that exposes the person to fear in a safe environment, with the goal being to stay in the feared situation without following through with the compulsion. This shows the person that there is no true fear or negative consequence that happens. While this is possible to do on your own, having a therapist well-versed in OCD treatment will give you a safe space to practice these techniques, increasing their success rate,? the blog post continues.

Clean Recovery Centers provides OCD treatment for people in the Sarasota area. They can take clients for primary health concerns at all levels, including inpatient. Additionally, Clean Recovery Centers can diagnose a mental health condition, like OCD, at any stage of treatment and treat it as the primary diagnosis. Their facility has RRT-certified therapists, and all their housing options are certified through the Florida Association of Recovery Residences (FARR).

Learn more about Clean Recovery Centers' services by calling (888) 330-2532 or visiting their website today.

Get clean. Live clean. Stay clean.

###

For more information about Clean Recovery Centers - Sarasota, contact the company here:Clean Recovery Centers - SarasotaTerri Boyer(727) 766-0503info@cleanrecoverycenters.com6000 Deacon PlSarasota FL

34238

Clean Recovery Centers - Sarasota

In Sarasota, we specialize in phase two of the Clean Recovery Centers? three-phase treatment. Co-occurring mental health conditions are common for those with substance use disorder. In this phase, called action,

Website: https://www.cleanrecoverycenters.com/locations/sarasota/

Email: info@cleanrecoverycenters.com

Phone: (727) 766-0503