

Contents

<i>Foreword by Michael A. Jenike</i>	ix
<i>Acknowledgments</i>	xi
Part I: Hard-wired at Birth	
1 Your Brain Has a Mind of Its Own	3
2 Hypersurvival: Evolutionary Survival Instincts Gone Awry—Too Much of a Necessary Thing?	11
3 All Walks of Life: Global Prevalence and the Universal Culture of Rituals	21
4 We <i>All</i> Have “Bad” Thoughts	37
5 In Good Company: A Who’s Who of Obsessive Conscience	47
Part II: The Exploited Conscience	
6 Scrupulosity: It’s Not Religious	59
7 Morality: Nonreligious and Moral Perfectionistic OCD	79
8 Obsessive Guilt	93
Part III: “You Want Me to Do <i>What?</i>”	
9 Taking Control Where You Can and Must	107
10 Helpful Treatment Augmentations	145
Part IV: Other Guiding Considerations	
11 It’s <i>Impulsive</i> , Not Compulsive	165
12 A Word about Countertransference	173

viii Contents

<i>Appendix A: Glossary</i>	177
<i>Appendix B: Types of Guilt Found in Western Literature</i>	181
<i>Appendix C: Harder Personal Feelings Questionnaire</i>	185
<i>Appendix D: Rate Your OCD</i>	187
<i>Appendix E: Pennsylvania Inventory of Scrupulosity</i>	189
<i>Appendix F: The Loyola Religious Obsession and Compulsion Checklist</i>	191
<i>Appendix G: Family Accommodation Scale for Obsessive–Compulsive Disorder</i>	193
<i>Index</i>	199