

```
graph TD; A([Intrusive Thought]) --> B([Distress!  
(Anxiety, Discomfort,  
Disgust, Worry)]); B --> C([Compulsion or  
Avoidance]); C --> D([Temporary Relief]); D --> A;
```

Intrusive
Thought

Temporary
Relief

The OCD
Cycle

Distress!
(Anxiety, Discomfort,
Disgust, Worry)

Compulsion or
Avoidance