

TASK: EXTRACTS

HOW DO YOU FEEL AFTER WATCHING CAI AND CELYN'S STORY? WITH WHOM DO YOU SYMPATHIZE, WITH CAI BECAUSE HE MISSES HIS FLIGHT OR WITH CELYN BECAUSE SHE HAS TO COMPLETE HER RITUALS OVER AND OVER AGAIN IN CASE SOMETHING TERRIBLE HAPPENS? AS YOU'VE SEEN, OCD CAN HAVE A TERRIBLE EFFECT NOT ONLY ON THE PERSON THAT SUFFERS FROM THE CONDITION BUT ON THE WHOLE FAMILY!

BUT WHAT IS OCD? HOW ABOUT SPENDING A LITTLE TIME LEARNING THE MEANING OF THE FOLLOWING WORDS:

- OBSESSION
- COERCION
- BEHAVIOUR
- ANXIETY
- COGNITION

IN SMALL GROUPS, READ THESE EXTRACTS FROM DIFFERENT POINTS IN THE PROGRAMME AND DISCUSS HOW CELYN FEELS DURING THESE DIFFERENT TIMES. WHAT EMOTIONS IS SHE EXPERIENCING? NOW THAT YOU UNDERSTAND HER CONDITION BETTER, WHAT ADVICE WOULD YOU GIVE CELYN OR ANYONE ELSE SUFFERING FROM THE CONDITION?

“IF DAD DRIVES TOO QUICKLY, AN ACCIDENT WILL HAPPEN, BECAUSE I DIDN'T DO THINGS RIGHT!”

“THESE THOUGHTS JUST FLOW INTO MY MIND AGAIN AND AGAIN.”

“... BUT THE THOUGHTS DON'T STOP, AND I JUST WANT IT TO STOP, BUT IT'LL NEVER STOP!”

I WONDER WHAT ADVICE YOU COULD GIVE CELYN? OFTEN, IT'S HARD TO REASON WITH SOMEONE THAT SUFFERS FROM OCD AND YOU NEED A LOT OF PATIENCE AND UNDERSTANDING TO DEAL WITH THE CONDITION IN A SENSITIVE WAY.

I KNOW IT ALL SOUNDS WEIRD AND FEELS REALLY SCARY, BUT TOGETHER WE CAN COME TO UNDERSTAND THIS CONDITION BETTER AND START TO IGNORE THE BAD THOUGHTS IN OUR HEADS.

