

Progress to Date

Degree of improvement made in your symptoms since starting the Linden Method (10 being most important, 0 being least important).

0 1 2 3 4 5 6 7 8 9 10

Improvements you are most pleased with:

Being able to pick something off the floor indoor and out without hand washing. Repeating myself less. Worrying about germs hardly ever now. Being able to go into a crowded place and feel more relaxed because there is less of a worry about people touching me or putting things on me. Skin on hands healing. OFF tablets now.

Improvements that other people have noticed: i.e. parents, teachers, friends.

Hand washing has decreased, ^{as well as} worrying and repeating. Seems to be happier.

Looks more relaxed.

(Dave, Boyfriend)

Comments you would like to make to other young people who may be experiencing similar symptoms to you.

No matter how bad you feel or worried never give up, and attending the child/family service and using the Linden Method are the two main things which helped and changed me for the better, as well as the help from my loved ones. I could recommend both the Linden Method and the child/family service to people like me because it made such a difference to me.

Comment on the most important things you have learned about your condition and yourself.

The OCD was, is and will never be my fault, and that over the years I never gave up no matter how I felt, I didn't give up on myself and right now I feel in myself I am the best I have been in years.

Signed [Redacted]

Date: 27-6-08.