**WHICH PACKET OF BISCUITS ?**

**This is the experience of a person living with OCD**

The challenge is to buy a packet of biscuits

Not a difficult challenge ? I hear you say.

Here is my account.

It’s Safeway today. Does that make a difference I hear you ask yourself ? Well actually it does, you see all the days of the week have a number, which is a key factor when deciding anything. So Sunday is day 1, Monday day 2 etc ...

Its Tuesday 27th June today. Tuesday is the third day of the week and for me 3 is a real ok number not like 5 which causes me a lot of anxiety. So 3 x 27 (number of day in week times by day of month) = 81 and 8 + 1 = 9 and for 9 is a great number it is after all 3 x 3.

I am glad I learnt my tables when I was at school !

Now back to Safeway. There are 7 letters in the word so 7 x 3 = 21 and 2 + 1 = 3 so that’s ok. I am ok to go to Safeway.

I am in the shop and am met with another threat – all shops have signs hanging from the ceiling and this means I have to walk under them. The problem for me is that I know that they are bound to have trailed on the floor when they were being put up and that means that bits of dust, dirt etc, will have fallen on my head as I walked underneath them. I didn’t actually touch them after all I am not that tall – I’ll just check by walking under one again. I know I look silly but have to work this out. It’s no good will have to wash my hair when I get home, but if I do I will have washed my hair twice today and that means I must make sure I wash it a third time. 2 not an ok number it’s not very bad but am too anxious to risk it. The fear is something bad will happen.

I’ve got to the biscuit aisle and am now faced with an array of biscuits going the whole length of the shop. Viscount biscuits are on special offer this week – that’s no good they have a green wrapper (green is a bad colour) and 8 letter in their

name !!!

Now digestive biscuits have 9 letters in the first word and 8 in the second so that’s 9 x 8 = 72 and 7 +2 =9 that’s ok. Hang on a minute there are 85 calories in each biscuit and 8 +5 = 13 so I can’t have those.

What about rich tea 4 x 3 = 12, 1 +2 = 3 that’s ok. Maybe these are the ones. No way they have 49 calories a biscuit 4 + 9 = 13.

I am really agitated now this is so silly I know it is silly and I shouldn’t be doing this but I must, something might happen and if it does then it will be my fault.

Ok malted milk they are ok 54 calories a biscuit 5 + 4 = 9. They cost 63p so that’s ok - looking good here – AGH !!! I bought these last time and if I buy them today I will have had them twice and will I remember to buy them a third time.

No I can’t risk it I end up with shortcake biscuits. Still not happy but am exhausted and just want to get out of the shop.

I am heading for the tills now. A man has walked pass me in his work clothes, he is obviously in the building trade. What if he has been working with a dangerous substance or something and the dust has got on my clothes ???? He wasn’t that close was he ? It’s no good I am now resigned to having to have a shower when I get home and washing all my clothes. But what about while I am in the car will I be contaminating that ??? I know I can wipe the car seats etc with Dettox – but is that going to get rid of the germs ? I can’t stand this why can’t I be like everyone else in this shop whizzing round grabbing things off the shelves without a backward glance.

I am completely drained and when I get home will have to wipe all the packets etc. With a kitchen towel soaked in Dettox. The smell of Dettox is something I will always associate with being odd.

I pack my goodies in a bag but as I pay I drop the change on the floor. I know money is really dirty anyway but now it’s been on the floor I will have to wash it and my hands in Dettox but what about everything I touch in doing that ? Major panic now. Will I throw all the shopping away when I get home ? Probably.