



## Compelled: A Memoir of OCD, Anxiety, Depression, Bi-Polar Disorder, and Faith...Sometimes

*By Tim Blue*

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### **Compelled: A Memoir of OCD, Anxiety, Depression, Bi-Polar Disorder, and Faith...Sometimes** By Tim Blue

This is a book for anyone who has battled a mental illness - any mental illness - or for anyone who loves someone with a mental illness. It is also a book for anyone who has struggled to understand the role of faith in his/her suffering. Blue recounts a 35-year battle with the daily despair of OCD. For the first 25 years, his Christian upbringing convinced him he had a faith issue, not a chemical one. At age 25, after realizing there was more going on than a simple lack of faith, he spent the next 10 years struggling to find the right diagnosis, doctor, and treatment plan. This journey landed him in 7 different psychiatrists offices, countless psychologists offices, and even in the mental hospital for three days. In the end, Blue finds some answers but also comes to grips with the presence of his questions. This book will engage you, encourage you, and make you think about the sometimes toxic blend between spirituality and mental illness. Excerpt from chapter 3: At its core, OCD is a quest for certainty where certainty doesn't/can't exist. The person who washes his hands a million times wants certainty that the deadly germs are banished from his hands, but he can never be sure. The driver who fears she has accidentally hit a pedestrian re-drives the same route over and over, looking for absolute certainty that she didn't hit the innocent pedestrian, but there's no way to be absolutely certain that that odd color on the sidewalk isn't the blood of the child she just ran over who is now at the hospital or the morgue. Or the kid who is terrified he'll be abandoned by his parents...he can never ask enough questions or stand in just the right spot to check on their early arrival so as to be completely certain that they will always come back. Uncertainty dooms the sufferer of OCD to his torture chamber. For the religious person, uncertainty will, at some point, attack his quest for peace through faith. Let's face it: religion comes with plenty of uncertainty. Sooner or later, everyone on the quest to understand or know God will have to ask some difficult questions: Why does God allow bad things to happen to good people? Why does God allow so much suffering when he could simply zap the evil-doers? What does it mean to be saved? Unsaved? Is there such a thing as hell, and if so, how do I know that the sweet little old lady who used to live next door who wasn't very religious but who was the kindest person I ever knew isn't there? (See appendix for a fuller discussion of hell). My inevitable questions

about the black-and-white certainties of the Christian faith caused the struggle between my internal self and my external self to rage on. Spiritual questions plagued my brain from the time I was old enough to ponder such matters, but the stakes were high in my family, where failure to see things the Right Way was not acceptable. My family's certainty mixed with my inevitable lack of certainty created a struggle within me between intellectual honesty and family acceptance – a struggle that persists to this day. One of the certainties of my upbringing that troubled my uncertain brain was the question of hell. To make matters worse, in my early childhood, we were Southern Baptists to the core – no drinking, church on Sunday and Wednesday (and sometimes Sunday night just in case!), suits to church so Jesus could admire our wardrobes, etc. Dogmatic Christian groups are guilty of excessive certainty about countless uncertain things, like how long it took the world to be created, where the precise line is between those who are “saved” and “unsaved,” and that hell is a real place where anyone who hasn't “accepted Jesus as his/her savior” is going. Middle-school-Southern-Baptist-Tim, who had outgrown his fear of being left by his parents, needed some new way to be petrified of abandonment and isolation. Eternal damnation seemed like just the right thing for my brain to grab ahold of.

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## **Compelled: A Memoir of OCD, Anxiety, Depression, Bi-Polar Disorder, and Faith...Sometimes By Tim Blue Bibliography**

- Sales Rank: #1303610 in Books
- Published on: 2012-12-09
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .33" w x 5.25" l,
- Binding: Paperback
- 144 pages

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### **Editorial Review**

#### **About the Author**

Tim Blue has suffered with OCD throughout his life, but his early sense that he was suffering from a spiritual problem, not a chemical one, caused him to hide his obsessions and compulsions from everyone around him. As an adult, he sought treatment for his OCD (mixed with some other diagnoses, too) and after a ten year search, finally found a semblance of sanity through medication. He continues to question the role of one's faith in the battle for mental health, and vice versa. Blue teaches English in Atlanta, Georgia. He is married to Ann and has two small children.

### **Users Review**

#### **From reader reviews:**

##### **Aaron Mullen:**

Why don't make it to be your habit? Right now, try to ready your time to do the important work, like looking for your favorite guide and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled Compelled: A Memoir of OCD, Anxiety, Depression, Bi-Polar Disorder, and Faith...Sometimes. Try to make the book Compelled: A Memoir of OCD, Anxiety, Depression, Bi-Polar Disorder, and Faith...Sometimes as your pal. It means that it can being your friend when you truly feel alone and beside associated with course make you smarter than ever before. Yeah, it is very fortunated in your case. The book makes you much more confidence because you can know every thing by the book. So , we need to make new experience as well as knowledge with this book.

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Playing with family in the park, coming to see the ocean world or hanging out with friends is thing that usually you might have done when you have spare time, then why you don't try issue that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Compelled: A Memoir of OCD, Anxiety, Depression, Bi-Polar Disorder, and Faith...Sometimes, you can enjoy both. It is great combination right, you still want to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't get it, oh come on its named reading friends.

##### **Lewis Tuggle:**

In this period globalization it is important to someone to find information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You can view that now, a lot of publisher which print many kinds of book. The particular book that recommended for you is Compelled: A Memoir of OCD, Anxiety, Depression, Bi-Polar Disorder, and Faith...Sometimes this guide consist a lot of the information with the condition of this world now. This

specific book was represented so why is the world has grown up. The dialect styles that writer value to explain it is easy to understand. The writer made some analysis when he makes this book. Here is why this book appropriate all of you.

**Sharon Hafer:**

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