



R-OCD vs. Pattern Recognition After Betrayal

Category	R-OCD	Trying to Protect Yourself from a Lying Partner
Source of Doubt	Intrusive, irrational thoughts originating <i>within your own mind</i> , often with no concrete evidence	Real-life behavior: lies, inconsistencies, gaslighting, broken trust
Thought Patterns	"What if I don't <i>really</i> love them?" "What if they're not <i>the one</i> ?" "What if I'm secretly incompatible?" – even when things are going well	"They said X, but they did Y." "Why did they change their story?" "Last time they did this, they were hiding something."
Behavioral Urge	Repetitive mental checking, seeking reassurance, confessing to feel better, avoiding triggers (photos, texts)	Pattern tracking, re-checking texts or timelines, keeping records for clarity or safety
Emotional Tone	<i>Anxiety-driven</i> , often disproportionate to reality, feels compulsive and endless	<i>Hypervigilant</i> , emotionally reactive, but usually tied to real events or inconsistencies
Trigger Consistency	Can happen even in healthy, loving, non-problematic relationships	Usually triggered by <i>a specific history</i> of manipulation, betrayal, or deception
Goal of Thoughts	Seeking certainty and moral safety ("Am I good?" "Is this real love?")	Seeking safety and truth after harm ("Can I trust this again?" "Is it happening again?")
Reality Testing	Doesn't resolve with facts; reassurance gives only temporary relief	Often <i>improves</i> with access to more information or external validation (e.g. from a therapist or trusted friend)
Underlying Wound	Fear of being <i>morally wrong</i> , of harming others or being trapped	Fear of being <i>betrayed again</i> , of losing agency or sanity