

Understanding Scrupulosity

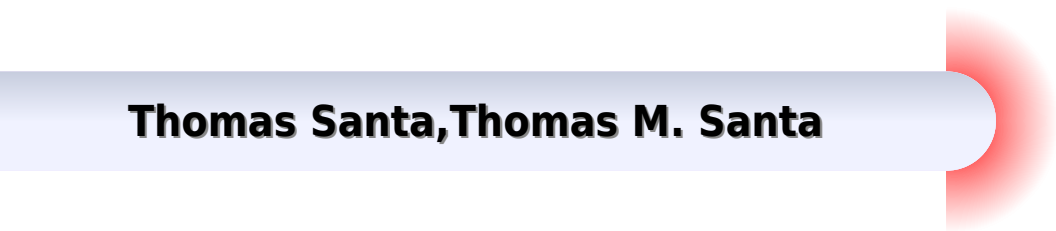
Helpful Answers for Those
Who Experience Nagging
Questions and Doubts



Thomas M. Santa C.Ss.R.
Director of Scrupulous Anonymous

Understanding Scrupulosity Helpful Answers For Those Who Experience Nagging Questions And Doubts

Thomas Santa, Thomas M. Santa



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Understanding Scrupulosity Thomas Santa, Thomas M. Santa, 1999 Based on twenty five years of questions and answers to the SA newsletter this book is written for those who suffer scruples and those who care about them It is a handy resource in times of doubt helping the afflicted better understand scrupulosity offering spiritual counsel and encouraging healthy faith Characterized by thoughts that can't seem to be shaken and often described as a thousand frightening fantasies or like being constantly and unrelentingly pricked by a pin scrupulosity afflicts tens of thousands of individuals many Catholic Their nagging questions and concerns are related to sin confession self worth sexuality prayer God's forgiveness thoughts dreams and fantasies and other areas Fr Santa has written a reassuring book one that will ease a person's doubts and help restore true peace of mind and soul It is a much needed work that will also be welcomed by confessors and those in the helping profession

101 Questions & Answers on the Sacraments of Healing, **The OCD Workbook** Bruce Hyman, Bruce M. Hyman, Cherry Pedrick, 2005 This revised edition of The OCD Workbook contains new findings on the causes of OCD including developments in genetic research It offers information on treatment options like neurosurgery and new medications and a new chapter on day to day coping strategies for people with OCD The new edition includes expanded coverage of related disorders like body dysmorphic disorder trichotillomania and skin picking New information on relapse prevention OCD in children and family involvement in OCD round out this important book Learn about the causes and symptoms of OCD Design a self directed cognitive behavior treatment plan Build a strong base of family support Evaluate professional treatment options Maintain your progress and deal with setbacks *The ^A Church Leader's Counseling Resource Book* Cynthia Franklin Ph.D., Rowena Fong, 2011-02-01 This all in one guide is designed to better equip clergy to meet their churches needs in a spiritually grounded and scientifically sound manner Succinct easy to read chapters summarize all a pastor needs to know about a given problem area including its signs or symptoms questions to ask effective helping skills and most importantly when to refer to a mental health professional **The OCD Workbook (Volume 2 of 2)**

(EasyRead Super Large 24pt Edition), **Catholic Questions, Wise Answers** Michael J. Daley, 2001 The rich tradition of Catholicism is so vast that questions are bound to arise This book will answer your questions on Matters of faith matters of practice and matters of curiosity Offering wise authoritative answers to common and some not so common questions about the faith this book is an invaluable resource for parishes laypeople students and libraries Loving Someone with OCD Karen J. Landsman, Kathleen M. Parrish, Cherlene Pedrick, 2005-05-01 People who suffer from mental illness rarely do so alone Their families and loved ones face their own set of unique challenges problems that deserve their own resources and sources of support This is the first book written specifically to the loved ones of people with obsessive compulsive disorder OCD It helps readers examine how OCD affects their lives and offers a straightforward system for building a healthier more constructive relationship with OCD sufferers The book contains basic information about OCD its definition cause and

symptoms and a brief overview of treatments available for the disorder After these introductory sections the book focuses on ways readers can foster a healthy relationship with someone with OCD It includes tips for increasing family involvement making accommodation for the disorder in daily life and creating an action plan for change using family contracts The book also covers relational topics such as parenting and marriage self care and support networking Throughout the book illustrates important points with the real life stories of families living with OCD *Books In Print 2004-2005* Ed Bowker Staff,Staff Bowker, Ed,2004 **Understanding Scrupulosity** Thomas M. Santa,2007 Many people at one time or another struggle with faith issues about sin guilt punishment and hell But a large segment of the population many of them Catholic are so afraid of sin that their lives are marked with anxiety and fear These people suffer from an affliction called scrupulosity Rather than experiencing faith as a source of peace scrupulous individuals can t seem to shake their feelings of impending doom disappointment and eventual condemnation Based on thirty five years of questions and answers to the Scrupulous Anonymous newsletter this book provides specific answers to questions and concerns related to sin confession self worth sexuality prayer God s forgiveness thoughts dreams fantasies and other issues It offers words of encouragement and helpful suggestions to those who suffer from this affliction and for those who counsel them Paperback American Book Publishing Record ,1999

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