

Forum:[Hack Forums](#)

Thread: [Please can someone help me OCD](#)

1222vermtrue - December 1, 2018, 4:43 pm

Hello, I am convinced I may have HIV/aids. I dont know why im asking a forum website but its the only thing I COULD DO. My OCD came back after 1 month of successfully managing it.

The reason is because for the last couple of weeks everything I look on the ground I think it is blood if I see something is in the color red. Like red spots on the ground etc, It has really been ruining my life. And today I got the worst of it.. Soo There was a napkin in my house from we got at mcdonalds I believe it was a coupld days ago. The paper I used I wiped it on my face and there was a red dot. A RED SPOT I have no idea if it was blood or not, but whatever it was it was dried. Im scared that it could of been infected blood?. I wiped it on my face and think it touched my mouth? I know normal people wouldn't worry about this but Im not normal.

Velial Squad - December 1, 2018, 4:44 pm

how did you get aids? lmao

1222vermtrue - December 1, 2018, 4:58 pm

(Dec 1, 2018 05:44 PM)Ghostemane Wrote: [\[CITE\]](#) how did you get aids? lmao

Cuz of my Fucking OCd i can't do anything now fuck life really no point . need to tell my doctor to give me prozac again

Popstar - December 1, 2018, 4:59 pm

The only thing to do to know for sure is go get tested bro.

Unfortunately, if you do have HIV, it's gonna be something you have to deal with for the rest of your life. But it does get better and regress to lower levels as long as you follow the doctor's instructions and shit. good luck buddy

1222vermtrue - December 1, 2018, 5:01 pm

(Dec 1, 2018 05:59 PM)??????? Wrote: [\[CITE\]](#) The only thing to do to know for sure is go get tested bro.

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The thing is, I probably dont have it since it was dried. It didn't go through any of my skin (hopefully) It's just Ocd that keeps repeating it in my head and its really annoying me.

Windows - December 1, 2018, 5:06 pm

yep I know how you feel. I have OCD, GAD (genralized anxiety), and social anxiety. i've been to a therapist too and tbh it doesnt help.

if u need anything PM me cuz ik how you feel

SIM-964740 - December 1, 2018, 5:10 pm

Hey mate, I am sure that it was nothing of the sort. You will be fine. It will be okay.

Blogger - December 1, 2018, 9:25 pm

(Dec 1, 2018 05:43 PM)1222vermtrue Wrote: [\[CITE\]](#) Hello, I am convinced I may have HIV/aids. I dont know why im asking a forum website but its the only thing I COULD DO. My OCD came back after 1 month of successfully managing it.

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PerfectStorm - December 1, 2018, 9:26 pm

What the hell, I have OCD... this does not sound like it at all.

Windows - December 1, 2018, 9:57 pm

(Dec 1, 2018 10:26 PM)PerfectStorm Wrote: [\[CITE\]](#) What the hell, I have OCD... this does not sound like it at all.

there's different types of OCD. like pure-o ocd, relationship ocd, etc.

Cyber - December 1, 2018, 11:32 pm

I am positive you are just overthinking. It will be okay buddy just take a deep breath

NuckingFutz™ - December 2, 2018, 1:00 am

Maybe do some actual research of how unlikely you are to find aids out in the world (in a non-sexual way)

Dope - December 2, 2018, 1:21 am

The chances of you having HIV from just wiping a napkin with DRIED blood on your face is minimal (and even if it touched your mouth, it's not anything serious imo). Because first of all- HIV doesn't transmit just by wiping it on the skin. Especially if it was dried blood, what does it have to do w getting in ur mouth. It has to get in your blood stream.(So for example if you had an open wound or something) Second of all, I don't think HIV is as common to have the small percentage that it is HIV positive. So I doubt you're infected but if your OCD is so bad then ofc get tested.

Pikachu - December 2, 2018, 1:34 am

I see you posted this again.. lol

CamaroBro - December 2, 2018, 10:34 pm

(Dec 2, 2018 11:16 PM)Entratish Wrote: [\[CITE\]](#) Hello, I am convinced I may have HIV/aids.

Hello, I'm pretty convinced that this guy "Entratish"(uid=4068763) is copy-pasta spamming, just check his posts lmao. Every single post he made was copied from someone else's reply on the same thread.

Pikachu - December 2, 2018, 10:52 pm

(Dec 2, 2018 11:40 PM)Panik Wrote: [\[CITE\]](#) Reference on the first instance?

Verbiage makes the post seem legit but if OP is trolling, I don't find it funny.

OP seems legit to me, doesn't seem like a troll. by the way, [here is OP's first post](#), it was posted in the health section.

Armada - December 2, 2018, 10:54 pm

(Dec 1, 2018 05:43 PM)1222vermtrue Wrote: [\[CITE\]](#) Hello, I am convinced I may have HIV/aids. I dont know why im asking a forum website but its the only thing I COULD DO. My OCD came back after 1 month of successfully managing it.

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Go do a blood test dumb ass... ???

OCD or not, that shit will give you an answer...

Rajjhajj - December 2, 2018, 10:57 pm

hey man, I have had ocd all my life. just remember its not real man... The worst thing to do to a person with ocd is reassure them. So stop guys. its only going to make it worse for op.

#1 strategy is to keep repeating that thought in ur head and exposing urself to that thought until it doesnt mean anything to u or it annoys you to the point you dont care.

And guys he could not be trolling. This can be serious and he could be having repetitive thoughts as stupid as it sounds. OCD is a serious mental problem.

(Dec 2, 2018 11:54 PM)Armada Wrote: [\[CITE\]](#) Go do a blood test dumb ass... ???

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If he does get a test it doesn't mean anything because he will be onto the next thought. Calling him a dumb ass wont help,

Armada - December 2, 2018, 11:31 pm

(Dec 2, 2018 11:57 PM)Rajjhajj Wrote: [\[CITE\]](#) hey man, I have had ocd all my life. just remember its not real man... The worst thing to do to a person with ocd is reassure them. So stop guys. its only going to make it worse for op.

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Well I mean, you cant fix stupid, and paranoia gets you nowhere.... so whatever I guess... ?

Rajjhajj - December 3, 2018, 6:22 am

(Dec 3, 2018 12:31 AM)Armada Wrote: [\[CITE\]](#) Well I mean, you cant fix stupid, and paranoia gets you nowhere.... so whatever I guess... ?

I think you're the close minded stupid one. You dont understand how this works... he cant control it u dumb ass.... Its a mental illness. thats like telling a person with schizophrenia to stop seeing things.

Ramune - December 3, 2018, 6:26 am

My dude, you don't have aids. Chill the fuk out, im pretty sure it's pretty fucking hard to get aids from saliva anyways contrary to popular belief, according to my don that studies medicine anyways cos i got mega paranoid about it once too.

Basically it's so unlikely you got aids from the tiny spot of dried blood on a napkin, if it even was dried blood, theres so many variables.

1. The blood guy had to have aids/hiv (pretty fuken unlikely)
2. You had to get infected by dried blood on napkin (also fairly unlikely)
3. It was probably ketchup, i mean you got the napkin from maccies..

But yeah, go see a therapist

1222vermtrue - December 22, 2018, 8:00 pm

(Dec 2, 2018 11:40 PM)Panik Wrote: [\[CITE\]](#) Reference on the first instance?

Verbiage makes the post seem legit but if OP is trolling, I don't find it funny.

Nah im not trolling I know it seems crazy my Ocd comes back many times whats funny is I made a thread on This before I just forgot <https://hackforums.net/showthread.php?tid=5761805>

Anyways I have managed to control my Ocd some-what but it's really hard if you have never had it before. I hate when I see people who say oh just don't think or worry about it because it always comes back in my mind

luke - December 22, 2018, 8:39 pm

You should go and see a professional my dude.