

# Friend is driven by OCD

Dear Annie: I have a friend, "Sarah," who openly admits to having obsessive-compulsive disorder but isn't receiving any kind of treatment for it. She's a middle-aged housewife with no need or desire to work. Now she has taken up crochet. What could possibly go wrong?

## DEAR ANNIE



ANNIE LANE  
Creators  
Syndicate Inc.

She buys huge quantities of the cheapest, coarsest yarn I've ever seen. Then she crochets it up. It's obvious she has no concept of counting stitches, paying attention to detail or even looking at the finished product. I was there when another woman tried to tell her, very kindly and politely, what she needs to learn, even suggesting a local yarn store that offers lessons. That just made Sarah angry, and she said she already knows everything she needs to know about crochet.

Sarah has covered her house with this stuff, and now she's started giving it to me. I thank her kindly and

then throw it out. However, I'm starting to feel like some kind of enabler.

Now Sarah's hands are all cramped up. Her doctor gives pain medication for it, and she keeps on crocheting. Her adult daughter who lives with her says Sarah has a crochet hook in her hand from the minute she wakes up until she falls asleep at night.

Do you know any way I could suggest to Sarah that she needs mental help for her OCD rather than medication for her overstressed hands? Other than the OCD, she's a really nice person. I'm worried she'll develop an addiction to the pain medication. — *Worried for My Friend*

**Dear Worried:** You can and should express your concerns to Sarah. Do so with an open mind and without judgment, to avoid putting her on the defensive (though I'm sure I don't need to tell you that, as you seem to be a thoughtful friend). Ease into

the conversation by asking general questions about how she's doing. Then tell her you've noticed that the crocheting seems to be impacting her health, with the hand cramping and subsequent need for pain medication. You might ask whether she's ever followed up about her OCD diagnosis and say that though you know it's up to her, you think it might be really helpful for her to see a counselor for some insights. Cognitive behavioral therapy can be a very effective treatment for OCD and could give your friend a much better quality of life.

Seeing as an adult daughter lives with her, you might try having a private conversation with the daughter about your concerns and see whether she will join you in encouraging Sarah to seek help.

As for when she gives you her crochet creations, it's perceptive of you to suspect that you are enabling her, and I think you're probably right. Gently but definitively put your foot down and say you really can't accept any more.

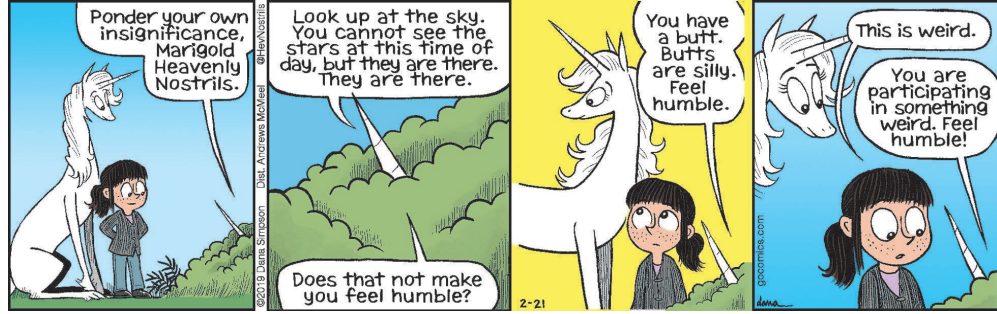
## FRANK AND ERNEST



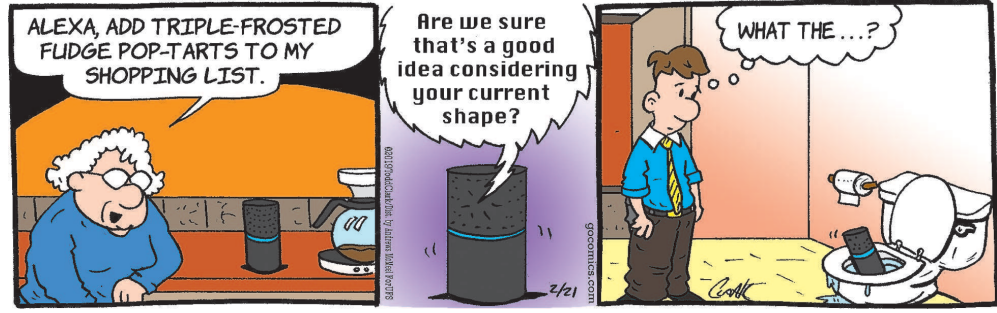
## THATABABY



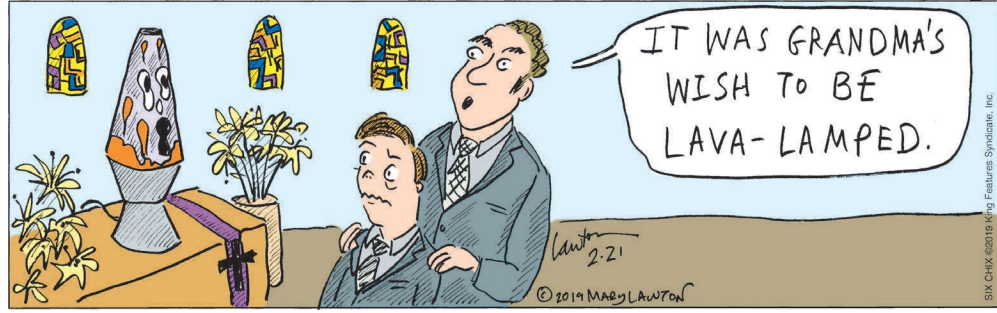
## PHOEBE AND HER UNICORN



## LOLA



## SIX CHIX



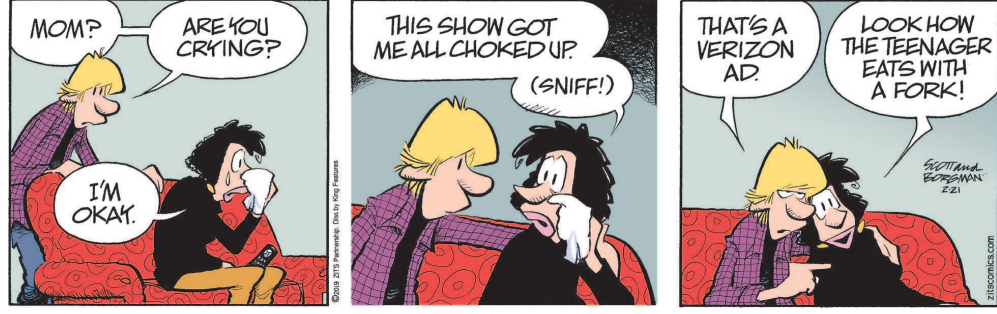
## MUTTS



## BABY BLUES



## ZITS



## TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** OK, it's not ideal, and yet there's something for you in this minor disaster — a quiet need being fulfilled inside the undesirable scenario. Figure out what the need is and address it another way.

**TAURUS (April 20-May 20).** Wisdom, strength, knowledge and courage: These are the everlasting qualities of greatness. Never do you feel more alive than when you are in the thrust of knowing what you do and doing what you know.

**GEMINI (May 21-June 21).** How seriously should you take the issue at hand? With the amount of seriousness that will allow you the greatest agility, as you'll need to move freely around this issue to make the most of it.

**CANCER (June 22-July 22).** Travel opens the mind, but it's not automatic. The mind has to be slightly ajar to begin with to let the foreign oxygen work its magic. There are those who travel mentally vacuum sealed. Pity, but there's little worth doing something about it.

**LEO (July 23-Aug. 22).** In an ideal world, you would ready yourself before you dared to wish, as it would be a shame to see your wish granted before you know what to do with it. Whatever the order, today is for getting ready.

**VIRGO (Aug. 23-Sept. 22).** Again, it would be a mistake to assume they totally understand you. They really only get a small part of what you're doing right now. They follow along anyway out of loyalty and respect. Keep explaining. Keep showing.

**LIBRA (Sept. 23-Oct. 23).** So much thinking takes place in your mind that you share with no one. Politically, it's a good play, although emotionally, some airing out would do you good. A private diary would

provide as much sounding board as you need.

**SCORPIO (Oct. 24-Nov. 21).** A large part of compatibility has to do with logistics, such as schedules and proximity. Then there's chemistry, which tends to be a game changer. People will change their schedules and travel distances for great chemistry.

**SAGITTARIUS (Nov. 22-Dec. 21).** Whatever your disadvantage is, it is also your advantage, but only if you see, claim and use it. Don't see the advantage? Ask others for another perspective. This is money left on the table, waiting to be noticed and pocketed.

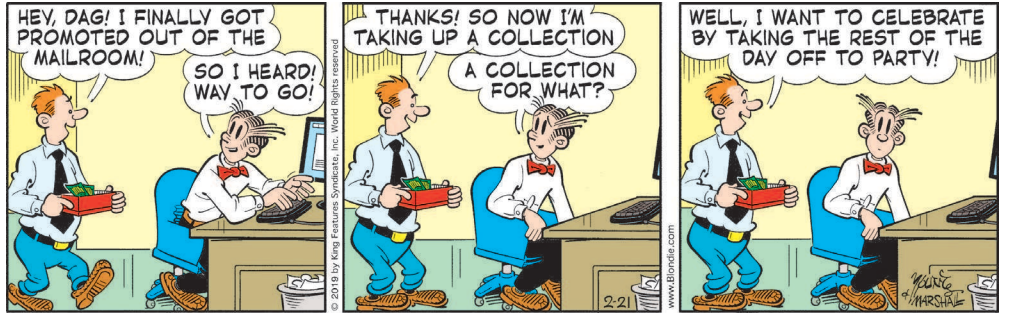
**CAPRICORN (Dec. 22-Jan. 19).** Some people around you are like bad journalists, listening for the soundbite they need to make a sensational story, context notwithstanding. For this reason, silence is a good option.

**AQUARIUS (Jan. 20-Feb. 18).** While there's not a single thing in the world that is inherently boring, you can't be blamed for experiencing it as such, as finding something new in the same old things takes a conscious effort.

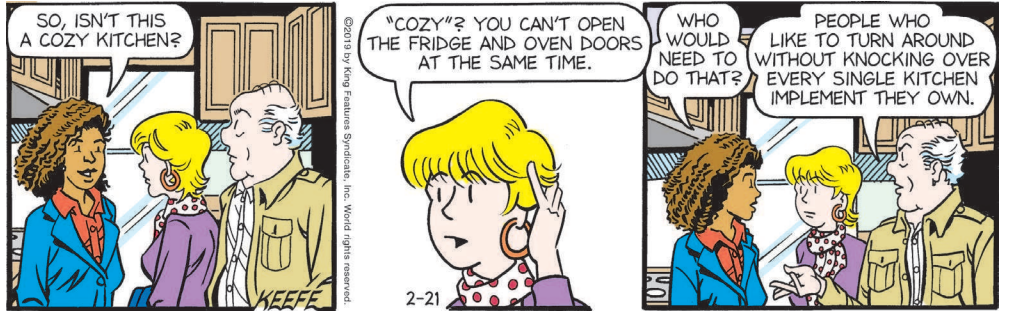
**PISCES (Feb. 19-March 20).** Everyone has filters and limits to what they can comfortably take in. If they are not hearing the breadth of what you have to express, it's because there's a filter in place, one that you likely have nothing to do with.

**TOMORROW'S BIRTHDAY (Feb. 22).** Nothing you've done to educate yourself has been a waste. Your excellent efforts will be appreciated, but so will your nonchalant efforts because you've earned "cool points" on your way to becoming a more evolved person. Promises and/or contracts get signed in May. Enjoy a lifestyle upgrade in July. Leo and Scorpio adore you. Your lucky numbers are: 20, 2, 13, 33 and 38.

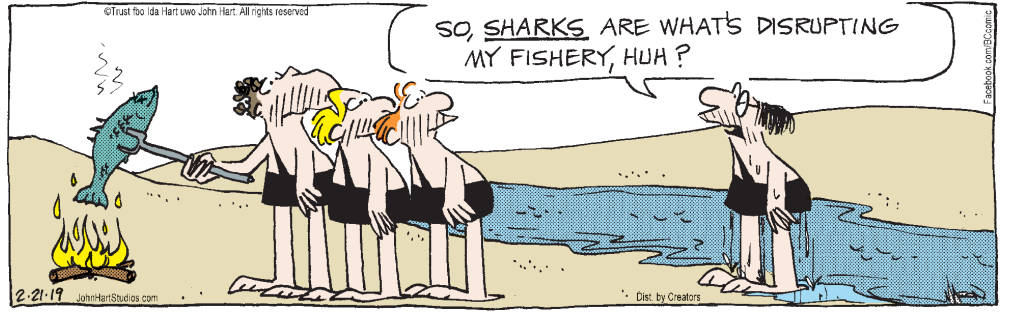
## BLONDIE



## SALLY FORTH



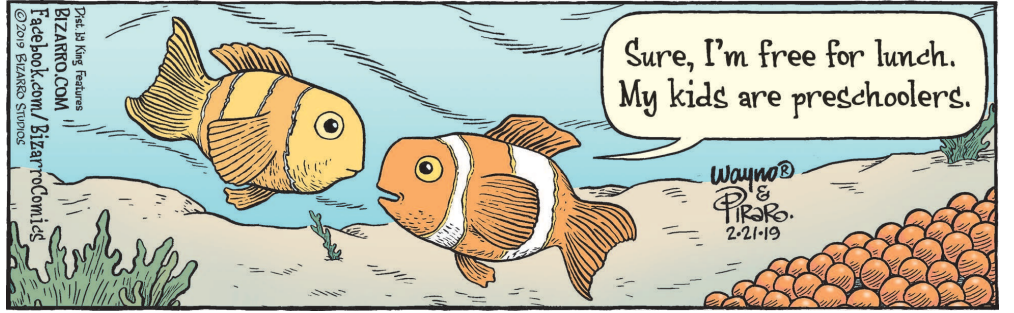
## B.C.



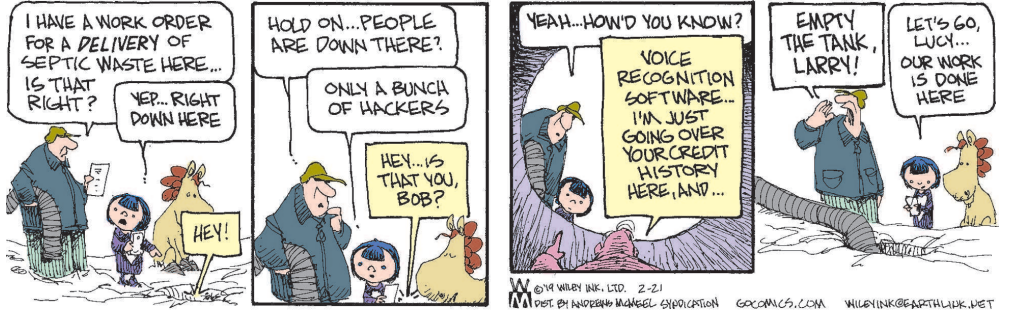
## DILBERT



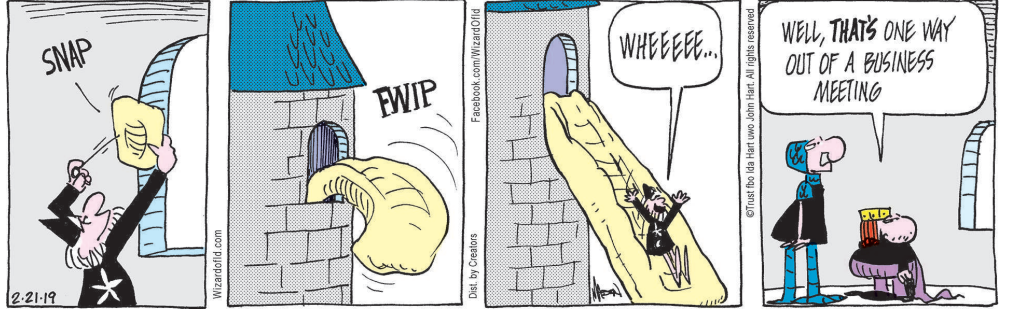
## BIZARRO



## NON SEQUITUR



## WIZARD OF ID



## ROSE IS ROSE

