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# Luke Combs Opens Up About His Severe OCD Struggles

## Description

Country singer Luke Combs is opening up about his struggles with obsessive-compulsive disorder (OCD) and anxiety. In an interview with "60 Minutes Australia," he shared how he manages his condition on a daily basis.

Luke mentioned that his OCD manifests in intrusive and sometimes violent thoughts that cause him stress. Despite this, he has learned to cope with it and has become an expert in managing flare-ups.

According to the Mayo Clinic, OCD involves unwanted obsessions and compulsive behaviors that can interfere with daily life. Luke described his particular form of OCD as "particularly wicked" because it's not easily noticeable to others.

Luke emphasized the importance of not giving credence to intrusive thoughts and shared that by accepting and not dwelling on them, they eventually fade away. He also expressed his desire to help children dealing with similar challenges in the future.

Despite his struggles, Luke's message is one of hope and resilience. He wants to inspire others by showing that it's possible to live a successful life while managing OCD.

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## Vocabulary List:

1. **Obsessive-compulsive disorder** /əb'ses.ɪv.kəm'pʌl.sɪv dɪs'ɔːr.dər/ (noun): A mental health disorder characterized by obsessive thoughts and compulsive behaviors.
2. **Anxiety** /æŋ'zai.ə.ti/ (noun): A feeling of worry nervousness or unease about something with an uncertain outcome.
3. **Intrusive** /ɪn'truː.sɪv/ (adjective): Causing disruption or annoyance through being unwelcome or uninvited.
4. **Manifest** /'mæn.ɪ.fest/ (verb): To display or show a quality or feeling by one's acts or appearance.
5. **Resilience** /rɪ'zɪl.jəns/ (noun): The capacity to recover quickly from difficulties; toughness.
6. **Credence** /'kriː.dəns/ (noun): Belief in or acceptance of something as true.

## Comprehension Questions

### Multiple Choice



1. What does Luke Combs struggle with?
  - Option: Depression
  - Option: Obsessive-Compulsive Disorder (OCD) and Anxiety
  - Option: Social Anxiety
  - Option: Bipolar Disorder
  
2. How did Luke Combs describe his form of OCD?
  - Option: Easily manageable
  - Option: Visible to others
  - Option: Particularly wicked
  - Option: Mild and unnoticeable
  
3. According to the Mayo Clinic, what does OCD involve?
  - Option: Only compulsive behaviors
  - Option: Intrusive thoughts only
  - Option: Unwanted obsessions and compulsive behaviors
  - Option: Anxiety disorders
  
4. What is Luke Combs' message despite his struggles?
  - Option: Despair and defeat
  - Option: Hope and resilience
  - Option: Isolation and fear
  - Option: Suffering in silence
  
5. How does Luke Combs manage his OCD flare-ups?
  - Option: By ignoring it
  - Option: By seeking constant medical help
  - Option: By becoming an expert in managing them
  - Option: By avoiding triggers
  
6. What did Luke Combs express his desire to do in the future?
  - Option: Start a new career
  - Option: Retire early
  - Option: Travel the world
  - Option: Help children dealing with similar challenges

**True-False**



7. Luke Combs struggles with Obsessive-Compulsive Disorder (OCD).
8. According to Luke Combs, his form of OCD is easily noticeable to others.
9. Luke Combs believes in giving credence to intrusive thoughts.
10. Luke Combs wants to inspire others with despair and defeat.
11. The Mayo Clinic states that OCD only involves compulsive behaviors.
12. Luke Combs manages his OCD flare-ups by avoiding triggers.

### Gap-Fill

14. Luke emphasized the importance of not giving credence to intrusive thoughts and shared that by accepting and not dwelling on them, they eventually \_\_\_\_\_ away.
15. According to Luke, by accepting and not dwelling on intrusive thoughts, they eventually \_\_\_\_\_ away.
16. Luke wants to inspire others by showing that it's possible to live a successful life while managing \_\_\_\_\_.
17. Luke expressed his desire to help children dealing with similar challenges in the \_\_\_\_\_.
18. Despite his struggles, Luke wants to inspire others by showing that it's possible to live a successful life while managing \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. Obsessive-Compulsive Disorder (OCD) and Anxiety 2. Particularly wicked 3. Unwanted obsessions and compulsive behaviors 4. Hope and resilience 5. By becoming an expert in managing them 6. Help children dealing with similar challenges

**True-False:** 7. True 8. False 9. False 10. False 11. False 12. False

**Gap-Fill:** 14. fade



16. OCD 17. future

**CATEGORY**

1. Entertainment - LEVEL3

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