



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.

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'zaɪ.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



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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



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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

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which term refers to a condition where the immune system mistakenly attacks the body?

- Option: Hospitalized
- Option: Autoimmune
- Option: Colonoscopy
- Option: Resilience

2. Which term typically refers to the process of creating goods or services?

- Option: Visuals
- Option: Profit
- Option: Production
- Option: Anxiety

3. Which word is used to describe a state of being or the circumstances in which someone or something exists?

- Option: Superpower
- Option: Expectations
- Option: Vigilante
- Option: Condition

4. Which term is used to describe a mental health condition characterized by obsessive thoughts and compulsive behaviors?

- Option: Manifest
- Option: Obsessive-compulsive disorder
- Option: Anxiety
- Option: Diverse

5. Which term relates to having knowledge or perception of a situation or fact?

- Option: Romance
- Option: Awareness
- Option: Profit
- Option: Achievements

6. Which word is often used to describe what is believed will happen in the future?

- Option: Profit
- Option: Expectations



Option: Disappointing
Option: Credence

7. Which term means to show something clearly or to display a quality or feeling?

Option: Thriller
Option: Manifest
Option: Merchandise
Option: Sustainable

8. Which term is often related to love relationships or idealistic notions of affection?

Option: Intrusive
Option: Resilience
Option: Romance
Option: Prestigious

9. Which term describes a feeling of worry nervousness or unease about something with an uncertain outcome?

Option: Condition
Option: Anxiety
Option: Strategy
Option: Disappointing

10. Which term is often used to describe something that requires a lot of effort attention or resources?

Option: Demands
Option: Thriller
Option: Superpower
Option: Credence

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ is the ability to recover from setbacks adapt well to change and keep going in the face of adversity.

12. A _____ is a novel play or movie with an exciting plot that typically involves suspense and danger.

13. _____ is the financial gain that is obtained from operating a business or engaging in a transaction.

14. _____ are the successes or accomplishments that someone achieves through skill



and effort.

15. _____ refers to goods available for purchase or sale especially those related to a specific event or brand.

16. A _____ is a plan of action designed to achieve a long-term goal or overall aim.

17. _____ practices are those that meet the needs of the present without compromising the ability of future generations to meet their own needs.

18. A _____ group includes a wide range of different things or people.

19. A _____ award honor or position is one that is respected and admired because it is seen as being associated with excellence or success.

20. _____ refers to the ability of an organism or fluid to move or contract.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)



21. A procedure that allows a doctor to view the inside of the large intestine (colon).
22. A person who takes the law into their own hands especially without legal authority.
23. Failing to fulfill someone's hopes expectations or needs.
24. An extraordinary or supernatural ability typically possessed by a fictional character.
25. Graphic or pictorial representations that aid in understanding or decoration.
26. Belief in or acceptance of something as true especially without proof.
27. To display or show a quality or feeling.
28. The capacity to recover quickly from difficulties; toughness.
29. Goods available for sale especially those associated with a specific event or brand.
30. A plan of action designed to achieve a major or overall aim.

Answer

Multiple Choice: 1. Autoimmune 2. Production 3. Condition 4. Obsessive-compulsive disorder 5. Awareness 6. Expectations 7. Manifest 8. Romance 9. Anxiety 10. Demands

Gap-Fill: 11. Resilience 12. Thriller 13. Profit 14. Achievements 15. Merchandise 16. Strategy 17. Sustainable 18. Diverse 19. Prestigious 20. Motility

Matching sentence: 1. Colonoscopy 2. Vigilante 3. Disappointing 4. Superpower 5. Visuals 6. Credence 7. Manifest 8. Resilience 9. Merchandise 10. Strategy

CATEGORY

1. Entertainment - LEVEL3

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