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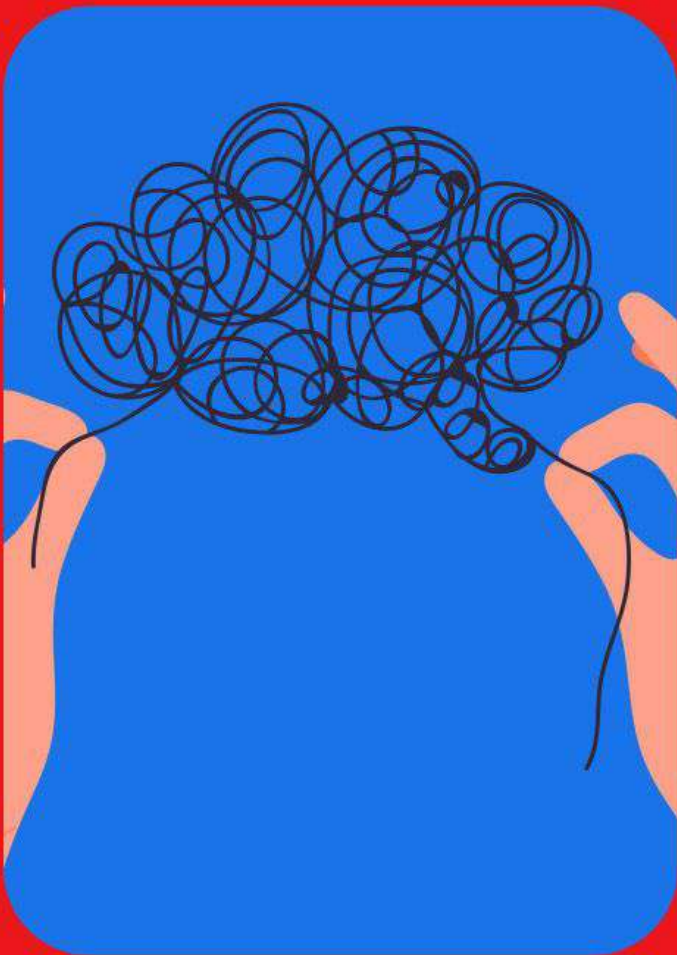
UTSAAH PSYCHOLOGICAL SERVICES
HEALTH — EDUCATION — RESEARCH

PART -1

Psychological Terms We Use Every Day

But They Mean More

OBSESSIVE COMPULSIVE DISORDER



How we casually use it

"I'm OCD about keeping my desk clean."

What it actually means

OCD involves obsessions and/or compulsions that are persistent, distressing, and can interfere with daily functioning.

Daily-life example

You repeatedly check whether the door is locked, even after checking several times, because intrusive thoughts create intense doubt.

TRAUMA



How we casually use it

“That embarrassing presentation traumatized me.”

What it actually means

Psychological trauma involves a response to an experience that overwhelms a person's ability to cope.

Daily-life example

After a serious accident, a person may experience intense distress when encountering reminders of the accident.

ANXIETY



How we casually use it

“I’m anxious because my exam is tomorrow.”

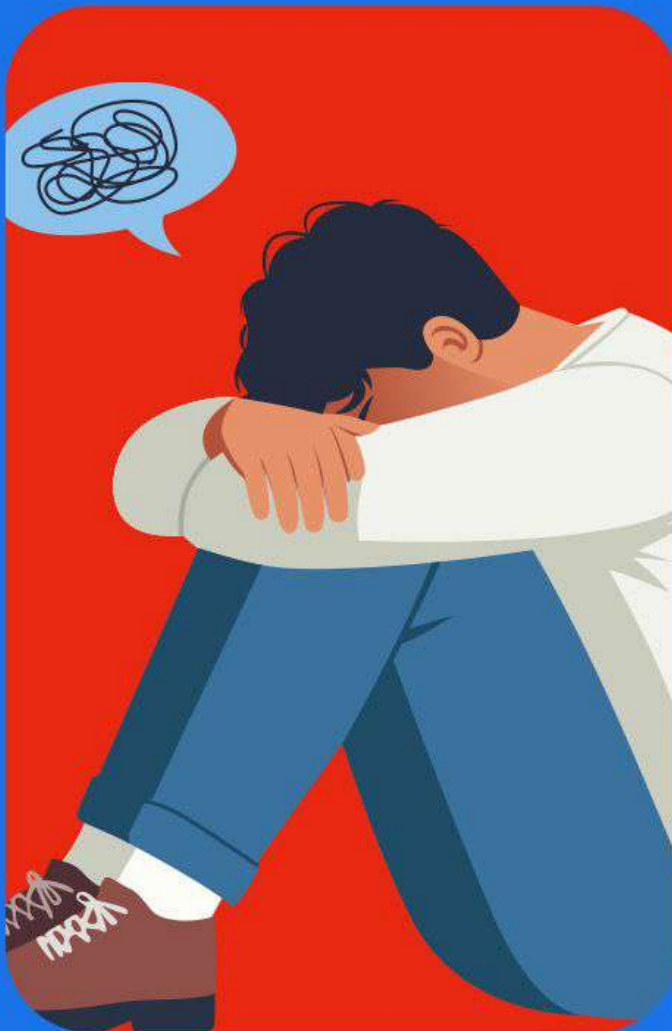
What it actually means

Anxiety involves fear, worry, or apprehension; clinically significant anxiety can be excessive, persistent, and impairing.

Daily-life example

Before an exam, you feel nervous and your heart races. If anxiety becomes persistent and starts interfering with everyday life, it may warrant closer attention.

DEPRESSION



How we casually use it

“I didn’t get the job, I’m depressed.”

What it actually means

Depression is more than temporary sadness and can involve persistent changes in mood, interest, sleep, appetite, energy, cognition, and functioning.

Daily-life example

Someone loses interest in activities they normally enjoy and continues experiencing low mood and low energy for an extended period.

GASLIGHTING



How we casually use it

“You disagreed with me,
you’re gaslighting me!”

What it actually means

Gaslighting describes a pattern of manipulation that can lead someone to question their memory, perception, or judgment.

Daily-life example

A person repeatedly denies events they clearly remember and persistently insists that the other person is imagining or misremembering them.

NARCISSIST



How we casually use it

“He posted another selfie—he’s such a narcissist.”

What it actually means

Narcissistic Personality Disorder is a specific clinical condition; occasional self-centered behavior isn't enough for the diagnosis.

Daily-life example

Someone may constantly seek admiration and have difficulty recognizing others' needs—but a diagnosis requires a broader, persistent pattern assessed clinically.

TRIGGER



How we casually use it

“That song triggered me.”

What it actually means

A trigger can be a cue that evokes a strong emotional response, particularly when associated with a distressing experience.

Daily-life example

A particular smell reminds someone of a frightening past experience and suddenly produces intense distress.

**Should we decode more everyday
psychology terms?**

Comment “PART 2”

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