The following poem examines the phenomenon of obsessive-compulsive disorder, particularly in the form of scrupulosity: an obsession with being morally and/or spiritually good. While mental illnesses are generally considered irrational errors in thinking, I posit that there is an internal logic to the thought processes which plague OCD sufferers. Obsessions experienced in scrupulosity, however disturbing, raise important ethical and religious questions, as one struggles to live up to impossible ideals of what it means to be good. By placing information on OCD alongside information on Judaism, particularly the figure of Yiptah (Jepthah), "Book of Judges" examines the distress which occurs when inflexible views on morality come into conflict with external reality. Rather than attempt to diagnose a religious/historical figure with a modern medical label, the poem strives to express the timeless dilemma of how to reconcile idealistic values with the inevitability of human error.

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