



12 obsessive celebs - a life less disorder-nary

Obsessive Compulsive Disorder, or OCD, is just as prevalent in Hollywood, and increasingly stars are admitting they suffer from the disorder which is characterised by obsessive rituals and bizarre compulsions. From David Beckham's fridge fidgeting to Cameron Diaz's knob juggling, it certainly seems that in a world where you can't be too rich or too thin, you can be too obsessed

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[Cameron Diaz](#)

Obsession: Doorknobs

The sexy *In Her Shoes* star is arguably Hollywood's most compulsive celeb. Not only does she open doors with her elbows to avoid touching germ-infested knobs - doorknobs, that is - she also admits to scrubbing her Hollywood home scrupulously and washing her hands 'many times' each day. 'I'm not scared of germs,' she explains, 'I'm just not into other people's fluids...'

[Jessica Alba](#)

Obsession: Perfectionism

Jessica Alba has revealed she battled OCD during her childhood. The 24-year-old *Fantastic Four* beauty thinks the mental condition has helped her acting career and feels proud of having managed to control her professional life. 'I can be a little obsessive compulsive about things, but that just means that when I do things, I do them proficiently and I do them to the best of my ability,' says the *Sin City* star. 'I think a lot of actors have OCD. I think it's part of being creative, whether your outlet is acting or science or maths,' she adds. 'Whatever it is, it takes some sort of drive to get anywhere,' Alba concluded.

[Billy Bob Thornton](#)

Obsession: Repetition

Eccentric actor Billy Bob Thornton, whose bizarre rituals during his marriage to Angelina Jolie were well-documented, explains his particular penchant for repetitive compulsive actions. 'I have a little bit of OCD,' he says. 'The simple ones I can explain to you. The more complex ones, I don't even know how to tell anybody.' The *Bad Santa* star became very close to late rocker Warren Zevon after discovering they both suffered from OCD. 'Warren was one of my good friends dating back to the 1980s,' says the star. 'We met over obsessive compulsive disorder when we were neighbours in West Hollywood. He saw me at the mailbox taking my mail out and putting it back three times, and he said, 'You have that too, huh?' I adored him from then on.'

[David Beckham](#)

Obsession: Symmetry

Sven Goran Ericsson isn't the only member of the England team who worries about formations. The England captain and Real Madrid star has his own tactics for keeping the Beckham household in World Cup class. Not only does he insist on lining up his shirts according to their colour, his wife Victoria says he is obsessive about symmetry and order throughout their home. 'He's got that obsessive compulsive thing where everything has to match,' says Posh. 'If you open our fridge, it's all co-ordinated down either side. We've got three fridges - food in one, salad in another and drinks in the third. In the drinks one, everything is symmetrical. If there's three cans of Diet Coke, he'd throw one away rather than having three - because it has to be an even number.'

Alec Baldwin

Obsession: Cleaning

The Aviator star admits that over the years he's developed a huge fixation with cleaning things around his home. 'I'm very OCD, I find,' he says. 'I come home and I'm like, 'Did somebody move that book?' I just notice everything.' Baldwin adds 'I'll have to catch a plane, like I'm in a hurry to go somewhere, and I'm in my kitchen rinsing out the glasses. I have a housekeeper who can do that and I'm sitting there cleaning the glass.'

Jennifer Love Hewitt

Obsession: Closet doors

When asked once what she inherited from her mother, the stunning actress replied: 'Everything. I'm really strong like her, and very stubborn like her when it's something I really believe in,' she says. 'I also have a little OCD like her. Except we have it about different things. My Mom counts steps, while I cannot go to sleep if there are any cabinet doors or closets open in my house. It's very strange and weird.'