

OCD THERAPY WORKSHEET

Step 1: Understand your OCD Cycle:

Obsessions are the unwanted thoughts that make you react irrationally and act compulsively.



Step 2: Write down your obsessive thoughts.

Monitor your thoughts. This can give you self-awareness so that you can manage them accordingly.



Step 3: Try thought-stopping techniques.

You can use the rubber band technique. In this technique, wear a rubber band in your hand, and whenever you are occupied with OCD thoughts, pull the rubber band behind your skin. This will stop your thoughts from further exaggerating.



Step 4: Tell yourself that this thought is causing unrest, and it will settle down with time.



Step 5: Shift your attention & focus towards something else.

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Step 6: Create healthy alternative thought

Positive outcome (what can be done to make this thought more positive and healthy)

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