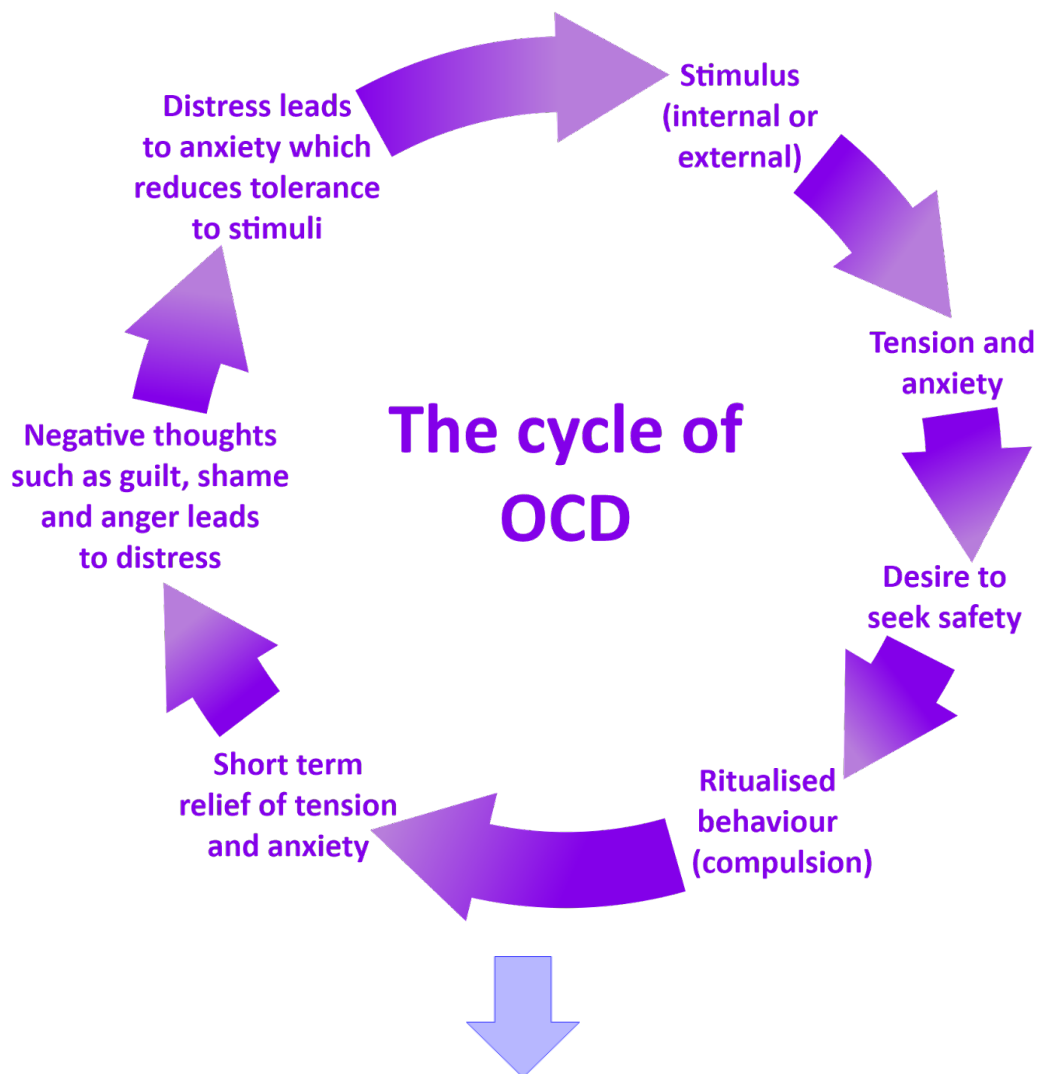


## Step 1: Understand your cycle of Obsessive-compulsive Disorder



**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: Analyse - what you are feeling, and how this thought is affecting your rationalisation.**



### **Step 5: Create healthy alternative thought**

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



## References

[McKay, D., Sookman, D., Neziroglu, F., Wilhelm, S., Stein, D. J., Kyrios, M., Matthews, K., & Veale, D. \(2015\). Efficacy of cognitive-behavioral therapy for obsessive-compulsive disorder. \*Psychiatry research\*, 225\(3\), 236–246. <https://doi.org/10.1016/j.psychres.2014.11.058>](#)

[Eddy, K. T., Dutra, L., Bradley, R., & Westen, D. \(2004\). A multidimensional meta-analysis of psychotherapy and pharmacotherapy for obsessive-compulsive disorder. \*Clinical psychology review\*, 24\(8\), 1011–1030. <https://doi.org/10.1016/j.cpr.2004.08.004>](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.