

## Therapy Blueprint For OCD Worksheet

Following are the questions related to your therapy and symptoms. Answer them carefully.

What were your obsessions and compulsions?	What were their intensity (0-100%)	In which situations did they occur?	What factors maintained your OCD symptoms?	Which strategies and skills did you learn in your therapy?	What goals did you and your therapist plan?	Did your therapy help in reducing your OCD symptoms?	How will you cope up with your symptoms if they occur again in the future?