

## Obsessive Compulsive Disorder (OCD) Worksheet

OCD has two main parts: **obsessions** and **compulsions**.

Obsessions are when we repeatedly experience thoughts, images, urges, worries and doubts that cause us mental discomfort.

Can you think of any obsessions that you experience?

Compulsions are the repetitive things that we do to ease this mental discomfort. For example, routines/rituals.

Can you think of any compulsions that you experience?

Sometimes these obsessions and compulsions are manageable, but sometimes they can start to disrupt your day-to-day life.

Do your obsessions and compulsions impact your day-to-day life? If so, how?

What do you think you could do to help reduce how much these obsession and compulsions impact your day?

Some tips:

- Try to manage the stress that you can control. This will reduce your overall anxiety and in turn will help you not feel as overwhelmed by the OCD thoughts that you experience. We have resources on managing control on our website.
- Try to relax. You could do this by listening to relaxing music, dancing, going for a walk or watching your favourite film.
- Try mindfulness. Mindfulness is an effective way of reducing anxiety. Mindfulness helps by making people observe their thoughts and become more present. This can help reduce the need to engage in OCD compulsions.
- Talk about the obsessions and compulsions you are having to someone. Speaking about them with someone else can help you to feel less alone with your worries and more in control.