# CBT Worksheet For OCD

## What's the Obsession?

Describe the intrusive thought, image, or urge that's bothering you.
(Example: "What if I left the stove on?" "I might hurt someone," "I touched something contaminated.")

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## How Does It Make You Feel?

Circle what you felt and rate how strong it was (0–10):
☐ Anxiety ___ ☐ Guilt ___ ☐ Disgust ___ ☐ Doubt ___ ☐ Fear ___
Other: _____ ___ / 10

## What's the Urge?

What compulsion or ritual did you feel like doing (or did you do)?
(Example: Checking, washing, repeating, seeking reassurance, avoiding something.)

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## Response Prevention

Did you resist the compulsion?
☐ Yes ☐ Partially ☐ No
**What did you do instead (or what could you try next time)?**
☐ Sat with the anxiety without acting
☐ Delayed the compulsion (e.g., waited 10 minutes)
☐ Reminded myself: "Doing the compulsion makes OCD stronger"
☐ Practiced self-talk: "This is just a thought—not a fact."
☐ Used a coping strategy (see below)

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## New Response Practice

What more helpful belief or mindset can you practice instead of the OCD thought?
(Examples: "I don't need to be 100% certain," "I can handle this anxiety," "It's OCD talking.")

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## Coping Tools for OCD

✅ Label it: "This is an OCD thought"
✅ Delay or resist rituals—start small
✅ Use thought defusion: "I'm having the thought that…"
✅ Rate distress before and after exposure
✅ Reward yourself for resisting rituals