

My Coping Statements OCD Worksheet

Client's Name: _____ Date: _____

Instructions: This worksheet is designed to help you develop and practice coping statements that can assist you in managing your Obsessive-Compulsive Disorder (OCD) symptoms. Coping statements are positive, rational, and calming affirmations that you can use to challenge and counteract the distressing thoughts and urges associated with OCD. Fill out the following sections to create your personalized coping statements.

Identify Your OCD Triggers:

1. _____
2. _____
3. _____
4. _____
5. _____

Describe Your Typical OCD Thoughts:

1. _____
2. _____
3. _____
4. _____
5. _____

Create Coping Statements:

OCD Thought #1:

Coping Statement #1:

OCD Thought #2:

Coping Statement #2:

OCD Thought #3:

Coping Statement #3:

OCD Thought #4:

Coping Statement #4:

OCD Thought #5:

Coping Statement #5:

Practice Your Coping Statements:

Take a few moments each day to practice your coping statements. You can repeat them to yourself when you encounter your OCD triggers or when you feel the urge to engage in compulsive behaviors.

Reflect and Adjust:

Regularly review your coping statements and assess their effectiveness. If specific thoughts persist or new triggers arise, modify your coping statements accordingly.