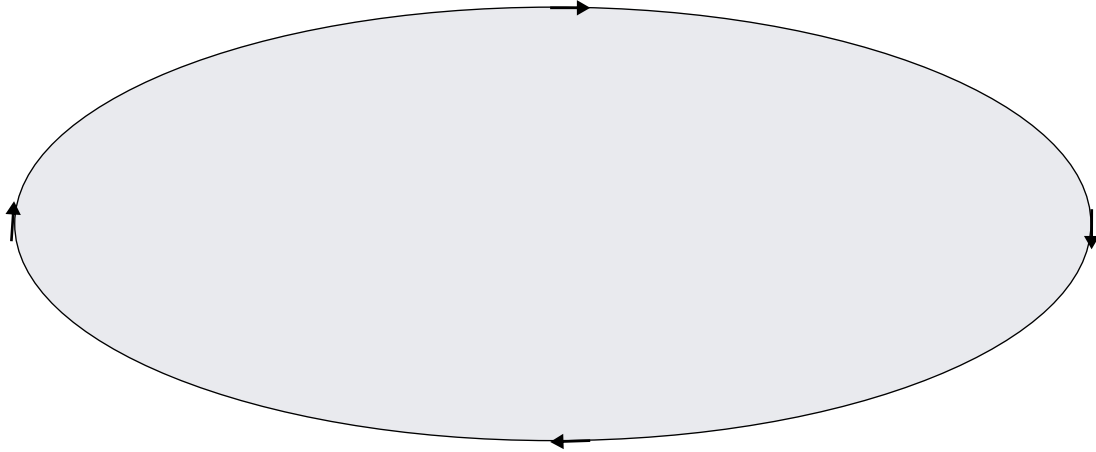


My Vicious Circle OCD Worksheet

Name: _____ Date: _____

Physician's Name: _____

Trigger



At what part do you think the circle can be broken?

Reference: Lovell, K., & Gega, L. (n.d.). Understanding how I feel. In *Obsessive Compulsive Disorder: A Self-Help Book* (pp. 14-15).