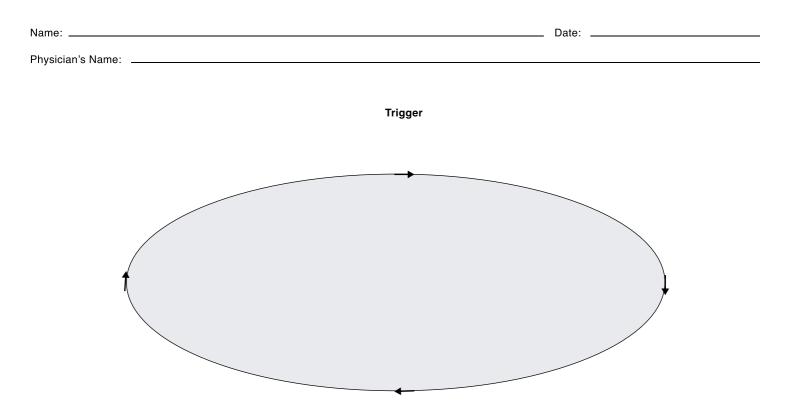
My Vicious Circle OCD Worksheet



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).