

OCD Worksheet

Name: _____ Date: _____

Obsessive thoughts and distress level

List the obsessive thoughts that occurred today, and rate the level of distress each thought caused on a scale of 1-10.

Obsessive thoughts	Distress level
1.	
2.	
3.	
4.	
5.	

Challenge thoughts

Write down evidence for and against each obsessive thought.

1.
2.
3.
4.
5.

Identify and challenge unhelpful or irrational beliefs related to obsessive thoughts.

1.

2.

3.

4.

5.

Replace obsessive thoughts with more balanced and rational thoughts.

1.

2.

3.

4.

5.

ERP practice

List the feared situations or objects that were exposed to today, and record thoughts and feelings during and after each exposure.

Situations or objects	Thoughts and feelings
1.	
2.	
3.	
4.	
5.	

Coping skills

List the coping skills used today, and evaluate the effectiveness of each coping skill.

Coping skills	Effectiveness evaluation
1.	
2.	
3.	
4.	
5.	

Self-esteem and self-worth

Write down any negative self-talk that occurred today.

Replace negative self-talk with positive affirmations and self-encouragement.

Describe how you can engage in activities that bring joy and fulfillment to your life.

Additional notes