

# OCD Worksheet

Name	Date	
<b>Obsessive Thoughts &amp; Distress Level</b>		
List the obsessive thoughts that occurred today, and rate the level of distress each thought caused on a scale of 1-10:		
	<b>Obsessive Thoughts</b>	<b>Distress Level</b>
1.		
2.		
3.		
4.		
5.		
<b>Challenge Thoughts</b>		
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.		

Name	Date
Replace obsessive thoughts with a more balanced and rational thoughts:	
1.	
2.	
3.	
4.	
5.	
<b>ERP Practice</b>	
List the feared situations or objects that were exposed to today, and record thoughts and feelings during and after each exposure	
<b>Situations or Objects</b>	<b>Thoughts and Feelings</b>
1.	
2.	
3.	
4.	
5.	
<b>Coping Skills</b>	
List the coping skills used today, and evaluate the effectiveness of each coping skill:	
<b>Coping Skills</b>	<b>Effectiveness Evaluation</b>
1.	
2.	
3.	
4.	
5.	

Name	Date
<b>Self-Esteem and Self-Worth</b>	
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:	
<b>Additional Notes</b>	