



Trigger Response Log

Trigger (what set me off)	Response (what I did)



Thought-Challenging Log

What got to me	What I thought	Challenge



ERP Hierarchy Worksheet

Exposure (how I defy OCD)	Response Prevention (what I deny the OCD)

Scripting Template

I am/have/will/may (write down your fear/obsession here) _____.

Because of this, I may/will (insert the worst immediate outcome of your fear being true) _____.
This could/will cause me to (insert a description of how you are impacted negatively) _____.

People I care about might/will (insert a description of how others are negatively affected by your fear coming true) _____.

This may/will lead me to (insert the worst possible thing that could happen next) _____
and (go ahead and describe something even worse than that) _____. Ultimately, I (insert a description of having to cope with the fear being true in its worst way and/or going on indefinitely—be brutal) _____.

Yikes! You really went there! Impressive! OCD can be brutal, but remember, this is *your* life, not OCD's. Using your natural creativity skills to go bigger, bolder, even *sicker* than the OCD is the way to mastery.

Self-Compassion Script

Do you think other people feel these things when faced with a challenging situation? I know I feel like a total noob whenever I think I've messed up somehow. See if you can finish this sentence:

Many people in situations like these have thoughts about _____

and feel _____.

What are you not royally screwing up right now? (For example, *I'm doing a pretty good job of resisting compulsions so far even though it's really hard.*)



New Contract

Dear _____,

As you know, I ask you a lot of questions about _____ and expect you to tell me that _____. This makes me feel okay for a bit, but it turns out it actually makes my unwanted thoughts more powerful in the end. I am trying really hard to get better at accepting uncertainty about my fears, and I need your help. Instead of giving me reassurance when I ask about my fears, I want you to do this:

I give you permission to decide for yourself when I'm asking for reassurance because I can't always tell for sure. I may not like it when you deny me reassurance, but I know this is what I need to get better, and I really appreciate your help.

Conversation Template

Hey, I'm ready to really start fighting OCD head-on, and I need your help. In the past, you've done your best to make it easier for me by helping me. (Write ways they accommodate your OCD here.)

Unfortunately, that help is keeping me from retraining my brain to handle my obsessions on its own. It's scary for me to ask you to stop helping, and it's probably scary for you too because it will mean I'll be pretty stressed out sometimes without the help. (Add some kind of thank-you comment for their efforts so far. Parents like that sort of thing.)

So ... I'd like to come up with a plan to gradually reduce the way you accommodate my OCD so I can get stronger. Maybe we can start by:

and then work our way up to:

Like other exposures, it's a great idea to start small. We don't want your parents to be overwhelmed. So, for example, if they're used to doing a chore for you that your OCD says is triggering, you could start reducing the accommodation by doing only a small part of the chore yourself and gradually taking over the job when it feels more manageable for all of you to do so. Using the type of conversation above, keep collaborating with them along the way to always be moving toward freedom from OCD—for all of you.



Self-Care Idea List

What are things I can do today to stay on top of my self-care game?

Steps Worksheet

Step 1: What exactly is my OCD's deal?

I have a fear of/have intrusive thoughts of/don't like uncertainty about:

To escape my fear/avoid thinking about/get more certain about this, I:

Compulsions keep my obsessions alive, so I am going to stand up to my OCD and execute a plan that catches and stops my compulsions.

Step 2: How can I boost my mindfulness skills to prepare for mastery over my OCD?

It's easier to resist compulsions when I remember that thoughts are just thoughts, feelings are just feelings, and sensations are just sensations. I can practice viewing things this way with meditation and meditation games like:

Today I am willing to commit this amount of time to mindfulness practice.

Sticking to the present moment instead of being lost in thought is a super-skill. I get to choose what to do with my attention, not OCD!

Step 3: How can I challenge the thinking that leads to compulsions?

Here are things I sometimes think when I'm triggered:

Here are styles of thinking (cognitive distortions) that tend to get in my way:

Here's a way to think about it that helps me accept uncertainty and resist compulsions (without being too reassuring!):

I can challenge my OCD assumptions and choose a noncompulsive path even though it's scary. Here are some ways I can respond to unwanted thoughts without going on the defensive:

Step 4: How can I use compassion to empower myself?

I didn't choose this fight, but I'm going to win it. Being self-compassionate removes the distraction of self-hatred, and that's all self-hatred is, a distraction! Many people struggle with obsessions and compulsions. I'm already doing something great by reading this book and plotting my next steps. Here are some other things I'm already doing a pretty kickass job of:

Here are some things I actually like about myself that might be assets in the battles ahead:

Step 5: How will I use ERP for world domination?

Ah yes, big scary ERP! Aka kicking the OCD where it counts! I don't choose my thoughts, feelings, or sensations, and it's not my fault that I am conditioned to have this challenge, but I *can* choose to change this conditioning with ERP. (Now would be a great time to check out the in vivo, imaginal, and interoceptive exposure activities again.)

I can practice in vivo exposures by:



And today I can start with something manageable like:

I can write a script about:

And today I can read it this many times while resisting compulsions:

I can generate the icky feelings my OCD uses to bully me with by:

I can get my parents on board with reducing accommodations like:
