

Living with OCD can bring unique challenges, especially when it comes to managing intrusive thoughts, repetitive behaviors, and anxiety. However, with the right tools and strategies, it is possible to build effective habits, reduce the impact of compulsions, and navigate daily life with greater ease. **This workbook is designed to provide practical worksheets that target key areas of OCD management, helping you to develop skills that enhance your emotional well-being and sense of control.**

Here is a brief introduction to each worksheet included in this package:

Page 1-4: **Hierarchy of Fears**

The Hierarchy of Fears worksheet is designed to help you manage OCD by gradually confronting the fears or situations that trigger your anxiety or compulsions. By listing your fears from least to most anxiety-provoking, this approach provides you with a step-by-step plan to face these challenges at a pace that feels manageable. Working through your hierarchy helps you build confidence, reduce avoidance behaviors, and ultimately lessen the power of these fears, giving you a greater sense of control and calm in your daily life.

Pages 5-6: **Cognitive Restructuring**

The Cognitive Restructuring worksheet is designed to help you manage OCD by pinpointing and challenging unhelpful thought patterns that fuel anxiety, stress, or compulsions. By exploring these thoughts and replacing them with more balanced, realistic alternatives, this technique helps lessen the hold of intrusive thoughts and promotes a calmer, more positive mindset.

Pages 7-9: **SMART Goals**

The SMART Goals worksheet is designed to help manage OCD by setting Specific, Measurable, Achievable, Relevant, and Time-bound goals. This structured approach makes it easier to break down overwhelming obsessions or compulsions into manageable steps, helping to reduce anxiety and keep you focused.

Pages 10-15: **PLEASE Skill**

The PLEASE Skill worksheet is created to help you manage OCD by focusing on taking care of your physical and emotional well-being. By practicing PLEASE, you can lower your anxiety levels and reduce the impact of intrusive thoughts. When you take care of your body and mind, you're more equipped to handle OCD symptoms and navigate daily life with greater ease and confidence.



Hierarchy of Fears

When dealing with OCD, it's normal to feel overwhelmed by obsessions and the compulsions that follow. One way to begin managing this is by creating a hierarchy of fears. Think of it as a roadmap that helps you identify and rank your fears—from those that cause a little anxiety to those that feel really intense. This worksheet will guide you through the process of gradually working through each fear, starting with the least challenging. **By taking small steps, you can begin to weaken the grip of obsessions and compulsions and feel more in control over time.**

STEP 1: What is your primary fear?

Example: Fear of becoming contaminated.

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STEP 2: List smaller fears that are related to your primary fear.

1. *Touching a doorknob.*

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2. *Using a public restroom.*

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3. *Shaking hands with someone.*

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4. *Eating without washing hands.*

.....

5. *Sitting on a public bench.*

.....

STEP 3: Rank these fears from 1 (low anxiety) to 10 (high anxiety).

Situation That Triggers Your Fear	Anxiety Level
1. <i>Touching a doorknob.</i>	4
2. <i>Using a public restroom.</i>	9
3. <i>Shaking hands with someone.</i>	6
4. <i>Eating without washing hands.</i>	10
5. <i>Sitting on a public bench.</i>	5



Hierarchy of Fears

STEP 4: Plan your exposures, starting with the least anxiety-provoking step.

Fear Being Conquered	Coping Skills I Will Use	Due Date	Anxiety Before	Anxiety After
<i>Touching a doorknob.</i>	<i>Counting backwards</i>	<i>5/1 entering work</i>	<i>7</i>	<i>5</i>
<i>Sitting on a public bench.</i>	<i>Listen to music, progressive muscle relaxation</i>	<i>5/7 walking home</i>	<i>6</i>	<i>4</i>
<i>Shaking hands with someone.</i>	<i>Focus on conversation, visualization</i>	<i>5/11 at work</i>	<i>8</i>	<i>2</i>
<i>Using a public restroom.</i>	<i>Positive self-talk, listen to music</i>	<i>5/17 @ the park</i>	<i>10</i>	<i>7</i>
<i>Eating without washing hands.</i>	<i>54321 method, positive self-talk</i>	<i>5/21 before lunch</i>	<i>10</i>	<i>8</i>
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Journal: Here are some questions to ask yourself throughout the exposure process.

What was my experience with this step?

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Were the coping skills I used effective?

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.....

.....

Do I need to break down any steps further or add new steps?

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Hierarchy of Fears

STEP 1: What is your primary fear?

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STEP 2: List smaller fears that are related to your primary fear.

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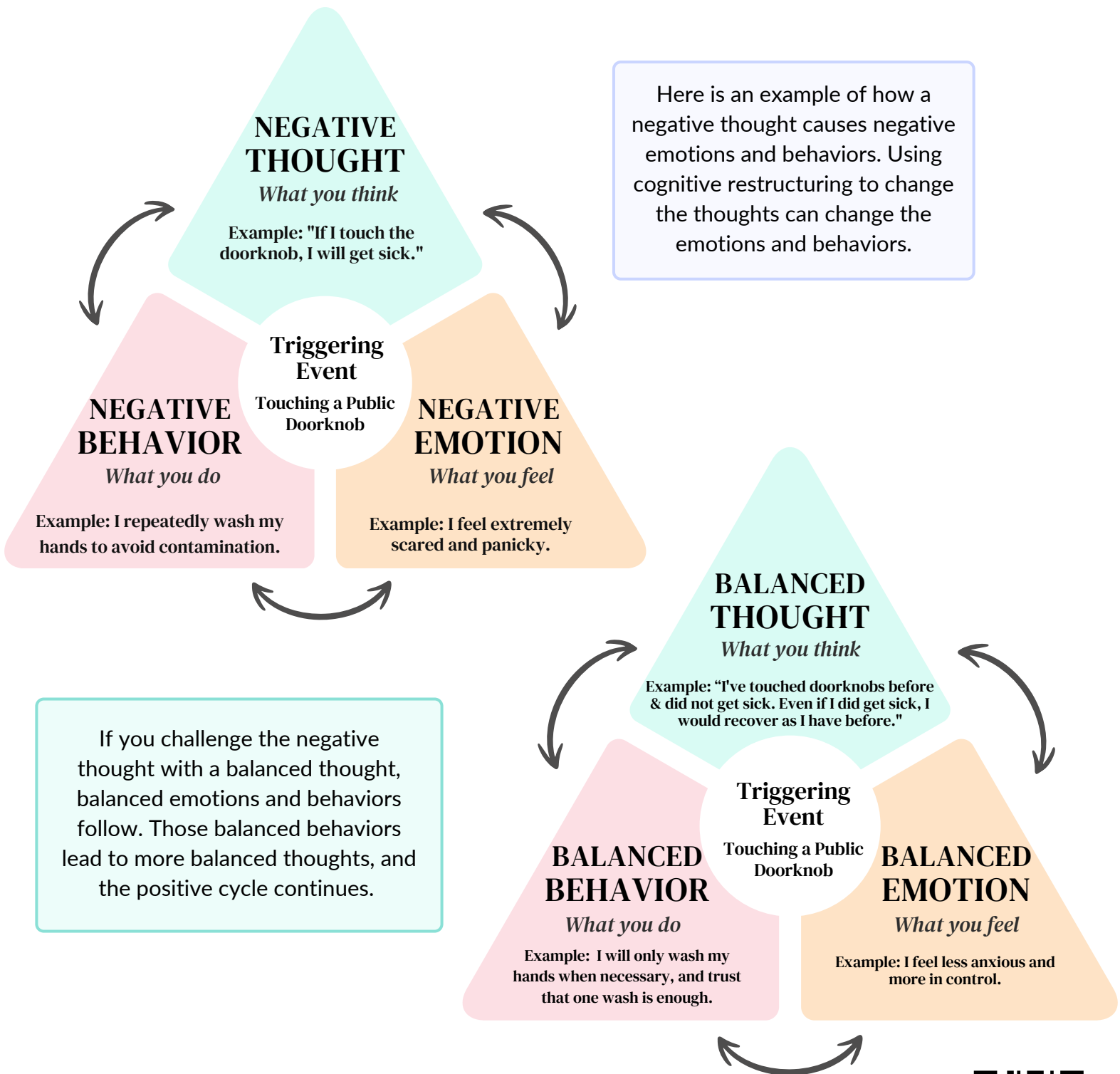
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Situation That Triggers Your Fear	Anxiety Level
.....
.....
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Cognitive Restructuring

Cognitive restructuring is a CBT technique that involves recognizing negative and unhelpful thoughts, examining the evidence for and against these thoughts, and developing more helpful alternative thoughts. **For someone with OCD, cognitive restructuring can help challenge and change the intrusive and obsessive thoughts that contribute to anxiety and compulsive behaviors.**



Cognitive Restructuring

THOUGHT

What you think in a situation.
Ex: "If I don't check the door multiple times, someone will break in."

EMOTION

How you feel.
Ex: Intense fear and worry about safety.

BEHAVIOR

How you act in the situation.
Ex: Repeatedly checking the door to ensure it's locked.

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

By critically evaluating the evidence for their obsessive thoughts and considering more balanced perspectives, individuals with OCD can reduce the intensity and frequency of their obsessions and compulsions, leading to improved mental well-being and daily functioning.

Thought:

Is my thought factual?

What evidence do I have for and against my thought?

What would someone else say about the situation?

Is it possible to view this situation differently?



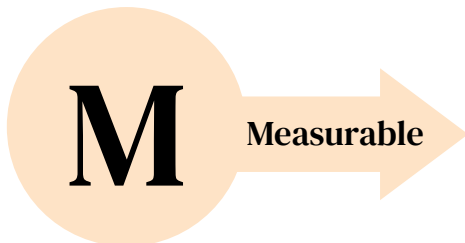
Setting SMART Goals

SMART Goals is a structured goal-setting method that can help with managing specific obsessions or compulsions. Making goals Specific, Measurable, Achievable, Relevant, and Time-bound can make it easier to stay focused and monitor progress. Each milestone reached can bring a sense of accomplishment, which may help counter some of the negative feelings that come with OCD. Rather than feeling stuck in the cycle of obsessions or compulsions, this approach offers a clear, structured path forward.



What is your goal? Write down exactly what you want to achieve. Avoid vague goals like "reduce compulsive checking". Be clear and detailed about what you expect to accomplish.

I want to limit how many times I check the stove before I leave the house. Right now, I check it about three times. My goal is to check it only once.



How will you measure your progress? Do you want to use a clock, calendar, or behavior chart? Do you want to measure your goal by hours, weeks, or days?

I'll keep a daily journal where I write down each time I check the stove.



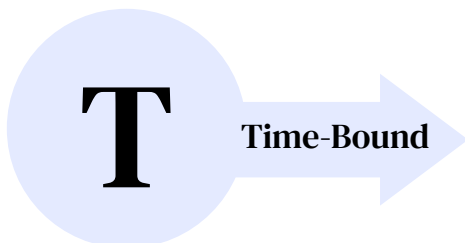
Is your goal realistic? Aim for a goal that is challenging but still manageable. What steps can you take to make your goal achievable?

Yes, I think it's realistic. I won't try to stop checking all at once, but I'll start by reducing it to two times a day, then down to one.



Does this goal align with your broader objectives? Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.

This goal is important because my compulsive checking is causing me anxiety and making me late for things. Reducing this behavior will help me feel more in control and improve my daily routine.



What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.

I want to reach my goal of checking the stove only once by the end of the next four weeks. I'll check my progress each week to make sure I'm on track.

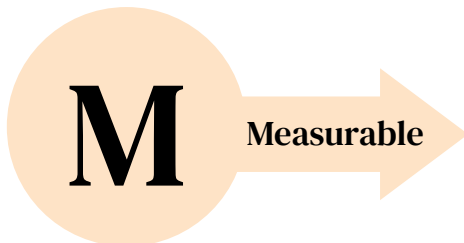


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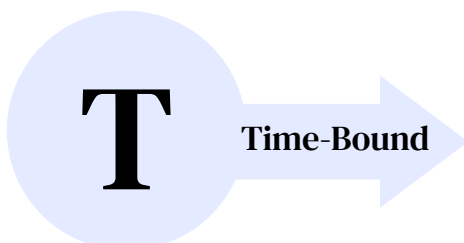
How will you measure your progress? Do you want to use a clock, calendar, or behavior chart? Do you want to measure your goal by hours, weeks, or days?



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What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.



Setting SMART Goals

Be Flexible

If you're struggling to reach a goal, don't be afraid to adjust it. It's okay to change the timeline, make the goal smaller, or alter the steps as needed.

Celebrate Milestones

Reward yourself for every step or milestone you reach, no matter how small. This could be as simple as taking a break, enjoying a favorite treat, or planning a fun activity.

Give Yourself Enough Time

Make sure you have enough time to achieve your goals without feeling overwhelmed. It's better to allow extra time and feel accomplished than to set an unrealistic deadline and feel discouraged.

Stay Patient & Be Kind to Yourself

Progress may be slow, and setbacks can happen. Remind yourself that change takes time, and be kind to yourself if things don't go perfectly.

What obstacles have I encountered, and how have I handled them?

What progress have I made so far? What am I proud of?

What support or resources might help me continue making progress?



DBT PLEASE Skill

The PLEASE skill in Dialectical Behavior Therapy (DBT) is a helpful acronym for remembering essential aspects of mental and physical well-being. **For individuals with OCD, maintaining overall health can significantly impact the management of intrusive thoughts and compulsive behaviors.** This worksheet will guide you through applying the PLEASE skill to create a foundation of well-being.



PL

Treat Physical Illness

Make sure to look after your overall physical health by having regular check-ups, staying active, and following any medical advice. Taking care of your body helps keep your mind stable and healthy.



E

Balanced Eating

Try to eat regular, healthy meals. Good nutrition can help keep your mood steady and give you the energy you need, making you less likely to feel upset or stressed.



A

Avoid Mood-Altering Substances

Stay away from substances like alcohol and drugs that can affect your mood and thinking. Avoiding these helps you think clearly and manage your emotions better, which is important for your mental health.



S

Balanced Sleep

Getting enough sleep is very important for handling your emotions well. Try to keep a regular sleep schedule. Good sleep helps your mind work properly and keeps your emotions steady, reducing the chances of feeling moody or upset.



E

Exercise Daily

Exercise can lift your mood, reduce stress, and improve your overall emotional well-being. It also helps your body produce endorphins, which make you feel happier.



DBT PLEASE Skill

PHYSICAL ILLNESS: Take care of your physical health.

Track your progress daily for a week to see if you are attending to your physical health on a regular basis or if there is room for improvement.

	M	T	W	T	F	S	S
Scheduled and attended doctors appointments							
Took medications							
Took a shower and washed face							
Brushed my teeth							
Moved my body							
Ate nutritious food							
Went outside							
Drank enough water							
Limited time on social media							
Cleaned the house							
Spoke to another person							

What challenges did you face when taking care of your physical health and how can you overcome them?

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DBT PLEASE Skill

BALANCED EATING: What we eat contributes to our mental health.

Keep track of the foods you consume for several days and how you feel after you eat them. The more specific you can be about how you feel after eating, the better!

Food Consumed	How I Felt After Eating it
1.
2.
3.
4.
5.
6.
7.
8.
9.

Which foods made you feel the best & what foods do you want to avoid going forward?

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DBT PLEASE Skill

**AVOID MOOD
ALTERING
SUBSTANCES:**

Evaluate your use of substances that may affect your mood.

Substances such as alcohol, non-prescription medications, drugs, and caffeine can affect your ability to regulate your emotions. One of the keys to emotional stability is to take medication as prescribed and avoid substances used for self-medicating.

What mood altering substances do you use?

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What are your personal reasons for avoiding mood altering substances?

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What steps can you take to reduce or eliminate these substances?

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What challenges might you face and how can you overcome them?

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DBT PLEASE Skill

BALANCED SLEEP: Getting enough sleep is important to your mental health.

You should strive for 7 to 9 hours of sleep per night and establish good sleep habits to help regulate your mood.

With a sleep diary, you can log your bedtime, night awakenings, and morning wake-up times. This helps you see your sleep patterns and overall sleep duration, as well as how often your sleep is disrupted. Additionally, a sleep diary helps you track activities affecting your sleep. You'll note when you exercise, nap, take medication, or consume caffeine or alcohol.

INSTRUCTIONS: (1) Write the date and type of day: Work, School, or Day Off. (2) Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise. (3) Put a "B" in the box to show when you go to bed. Put a "Z" in the box that shows when you think you fell asleep. (4) Put a "Z" in all the boxes that show when you are asleep at night or when you take a nap during the day. (5) Leave boxes empty to show when you wake up at night and when you are awake during the day. **SAMPLE ENTRY BELOW:**

Date	Type of Day	P.M.											A.M.												
		12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
7/12	Work		C					E		A		M	B	Z	Z	Z	Z		Z	Z	Z				

Date	Type of Day	P.M.											A.M.												
		12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11



DBT PLEASE Skill

EXERCISE DAILY: Exercise is a great way to balance your mood.

Though it can be challenging to incorporate exercise into your daily routine, completing it can make you feel better physically and mentally. Even 20-30 minutes of brisk walking can be beneficial.

DATE & TIME	TYPE OF EXERCISE	DURATION	INTENSITY

Which workouts did you enjoy the most & want to do more?

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What challenges did you face and how can you overcome them?

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