

Challenging Unhelpful Thoughts

Take a particular thought and question it to test whether it has any real basis.

Unhelpful Thought:

1. What evidence do you have that this thought could be true?

2. What evidence do you have against this thought?

3. What would you say to a friend if they had the this thought?

4. What are the costs and benefits of thinking this way?
Benefits:

Costs:

5. If the thought came true, what would be the outcome? Is it as bad as you think?

6. What would you gain if you gave up this thought? How would your life be different if you didn't believe this thought?

- 7. Is there another way of looking at this this situation? What are more balanced thoughts?**

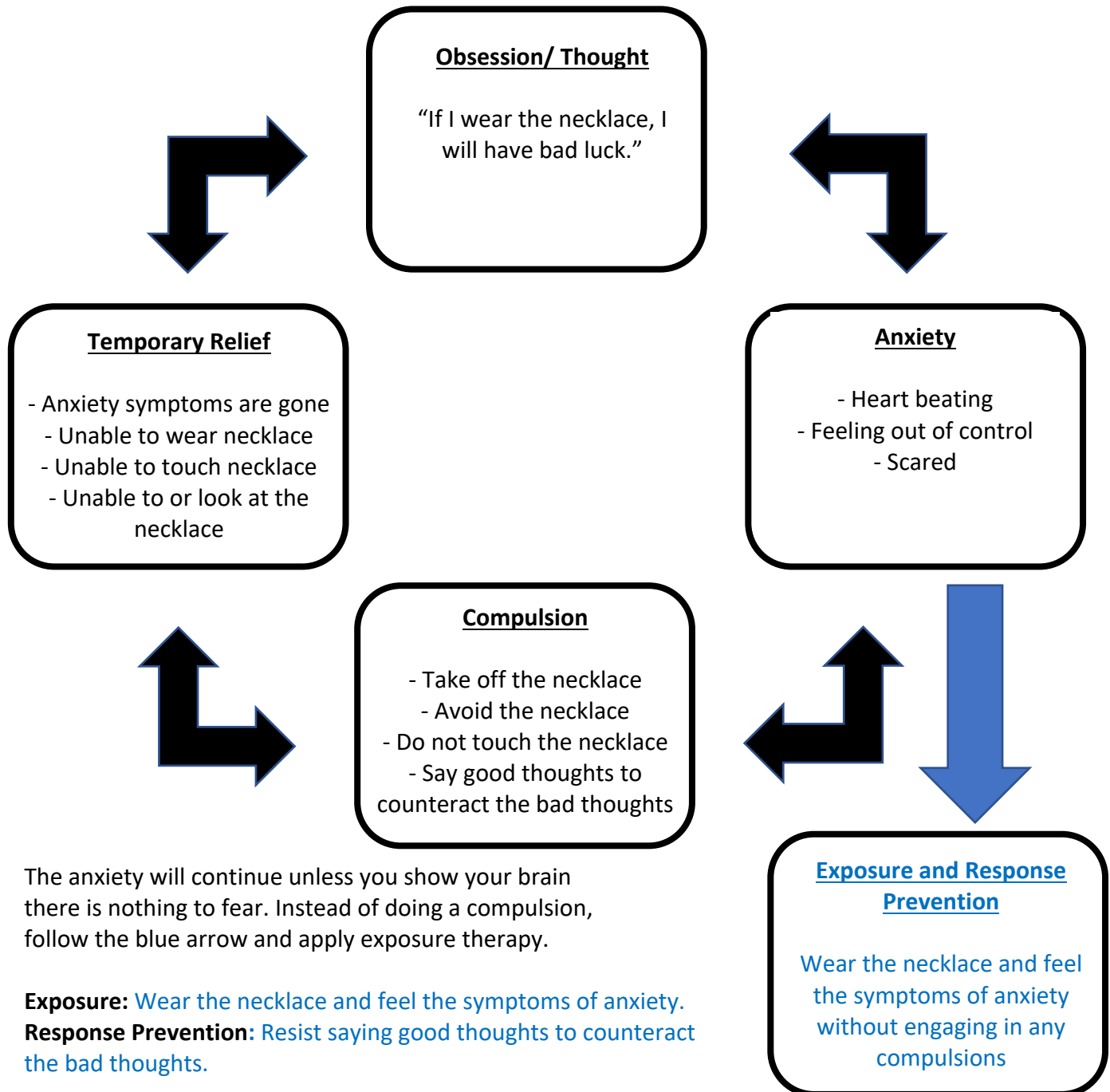
OCD Awareness Tracking

Track your fears for one week.

Date	Triggers for Obsessions (Specific situations, objects, image or thought that provoked obsessions.)	Rate Fear (0-100)	Compulsions, avoidance or coping strategies

OCD Cycle (Example)

1. **What is your obsession (thought)?** “If I wear the necklace, I will have bad luck.”
2. **What are your anxiety symptoms?** Heart beating, feeling out of control, scared.
3. **What is your compulsion?** Take off the necklace. Avoid the necklace. Do not touch the necklace.
4. **Do you feel relief?** Yes, symptoms are gone! But I am unable to wear, touch or look at my necklace.



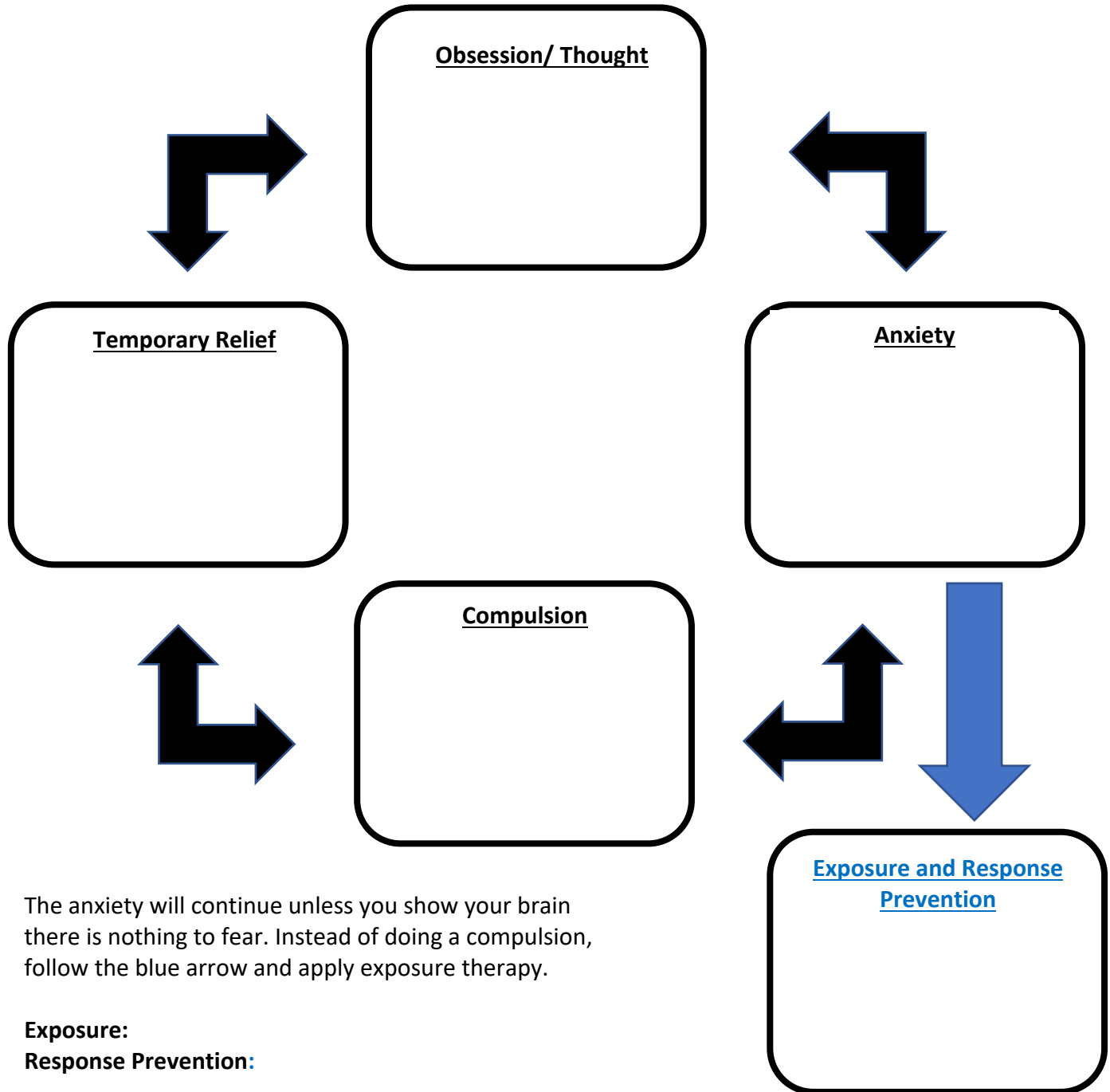
The anxiety will continue unless you show your brain there is nothing to fear. Instead of doing a compulsion, follow the blue arrow and apply exposure therapy.

Exposure: Wear the necklace and feel the symptoms of anxiety.
Response Prevention: Resist saying good thoughts to counteract the bad thoughts.

After repeated ‘Exposure and Response Prevention’, the anxiety will decrease as the brain learns there is nothing to fear. This is called ‘Habituation.’

OCD Cycle Worksheet

1. What is your obsession (thought)?
2. What are your anxiety symptoms?
3. What is your compulsion?
4. Do you feel relief?



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Exposure:

Response Prevention:

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OCD Fear Ladder

After one week of tracking your fears, you are ready to make a fear ladder. A ladder is made when a fear feels too overwhelming to challenge. Choose one fear and break it down into smaller tasks. Breaking a fear down into smaller tasks allows a person to eventually tackle the whole fear without being overwhelmed.

1. Create a goal. Eg. "10. I would like to easily enter the basement again."
2. Build a fear ladder by ranking your tasks from one being least scary to ten most scary.
3. Rate your fear out of 100.

Create your Goal:

Steps	Tasks	Rate Fear (0-100)
10		
9		
8		
7		
6		
5		
4		
3		
2		
1		

4. After you created your ladder, apply Exposure Response and Prevention.
5. Start with the easiest task on the fear ladder and work your way up.
6. Do each task until you start to feel less anxious doing it.
7. Move onto the next task.
8. Track your progress by changing the rate of fear felt as you move through the tasks.