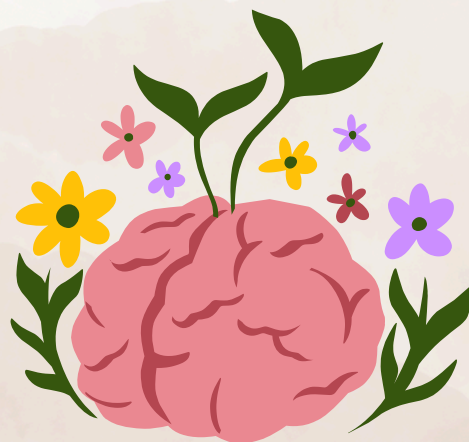


Obsessive- Compulsive Disorder *Therapy Resources*



By Laura Osorio, MA, Registered Psychotherapist



Welcome to the OCD Therapy Resource Book!

My name is Laura, and I'm a registered psychotherapist specializing in OCD and trauma. My goal with this bundle was to create an affordable, accessible OCD therapy resource for mental health professionals and their clients.

These resources are designed to be used in conjunction with psychotherapy, but can also be used on their own. They integrate several treatment modalities. You do not have to have a formal OCD diagnosis to benefit from this book - it is for anyone who experiences intrusive thoughts and compulsions.

If you are struggling, please reach out to a licensed professional. You will not be judged, we are here to help!

With hope for healing,

Laura

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Intrusive Thoughts & Compulsions *Information Sheet*

About intrusive thoughts

Intrusive thoughts (or obsessive thoughts - the “O” in OCD) are unwanted thoughts that pop into our minds. Most people experience intrusive thoughts, but some people find they get stuck and cause a lot of distress (especially with conditions like obsessive-compulsive disorder). Although we cannot control intrusive thoughts, our reactions play a significant role in the power intrusive thoughts have over us. These worksheets are intended to help individuals work on taking power away from their intrusive thoughts.

Reactions to intrusive thoughts

In cognitive behavioural therapy (CBT), we refer to our thought reactions as “automatic thoughts.” Automatic thoughts can be self-critical and harsh, especially when we’re reacting to intrusive thoughts that contrast our values. Intrusive thoughts are not our faults, and we can tune our automatic thoughts to be more helpful.

Example: I had an intrusive thought about endangering someone else while driving.

Automatic thought: I am a terrible person. How could I think of something like that? I don’t deserve to drive, I’m not safe to other people on the road.

Compulsion: Avoid driving.

Alternative thought: That was a rough intrusive thought. My intrusive thoughts are not my fault. This feels upsetting because I care about people and would not hurt anyone.

Result: I still feel some distress from the intrusive thought, but know that it doesn’t mean anything about me. I use a coping mechanism like deep breathing or a grounding exercise, and I move forward.

Intrusive Thoughts & Compulsions *Information Sheet*

About Compulsions

Compulsions (the “C” in OCD) are our brains’ way of trying to protect us from experiencing painful thoughts in the future. The problem with this is that compulsions can impact our daily lives in significantly negative ways, and performing them only strengthens intrusive thoughts and resulting anxiety.

A few tips for coping with compulsions:

- Use self-soothing methods, distractions, and grounding exercises to help you resist performing the compulsion. Although your anxiety may increase at first, it will peak and begin to decline as you sit with it in a safe, comfortable space (see tip #3 if this does not feel realistic).
- If you cannot resist the compulsion altogether (this is normal!), try to create space between the thought and the compulsion. If you feel compelled to act right away, tell yourself you’ll perform the compulsion in 2 minutes (or an appropriate amount of time for you) instead.
- Work with your therapist to come up with ways to resist performing compulsions while sitting with anxiety. This is done gradually, typically through a process called exposure & response prevention (ERP).

Intrusive Thoughts & Compulsions *Worksheets*

Noticing the Intrusive Thought

What was the content of the intrusive thought?

What was the format of the intrusive thought (words, images, etc.)?

Did this intrusive thought belong to a theme of intrusive thoughts I experience?

Intrusive Thoughts & Compulsions *Worksheets*

Breaking Down My Reaction

What did I think in response (automatic thought) when I experienced the intrusive thought?

What did I feel emotionally and physically when I experienced the intrusive thought and automatic thought?

Did my feelings or thoughts continue down a particular path following the intrusive thought and automatic thought (e.g. self-criticism, fear, doubt)?

Intrusive Thoughts & Compulsions *Worksheets*

Noticing My Compulsions

Did I feel driven to perform a compulsion following the intrusive thought?

If yes, what did I do in response to the urge to perform a compulsion?

Is this a new or recurring compulsion?

Intrusive Thoughts & Compulsions *Worksheets*

Alternative Reactions

Considering my answers above, what would have been a more helpful thought *following* my intrusive thought?

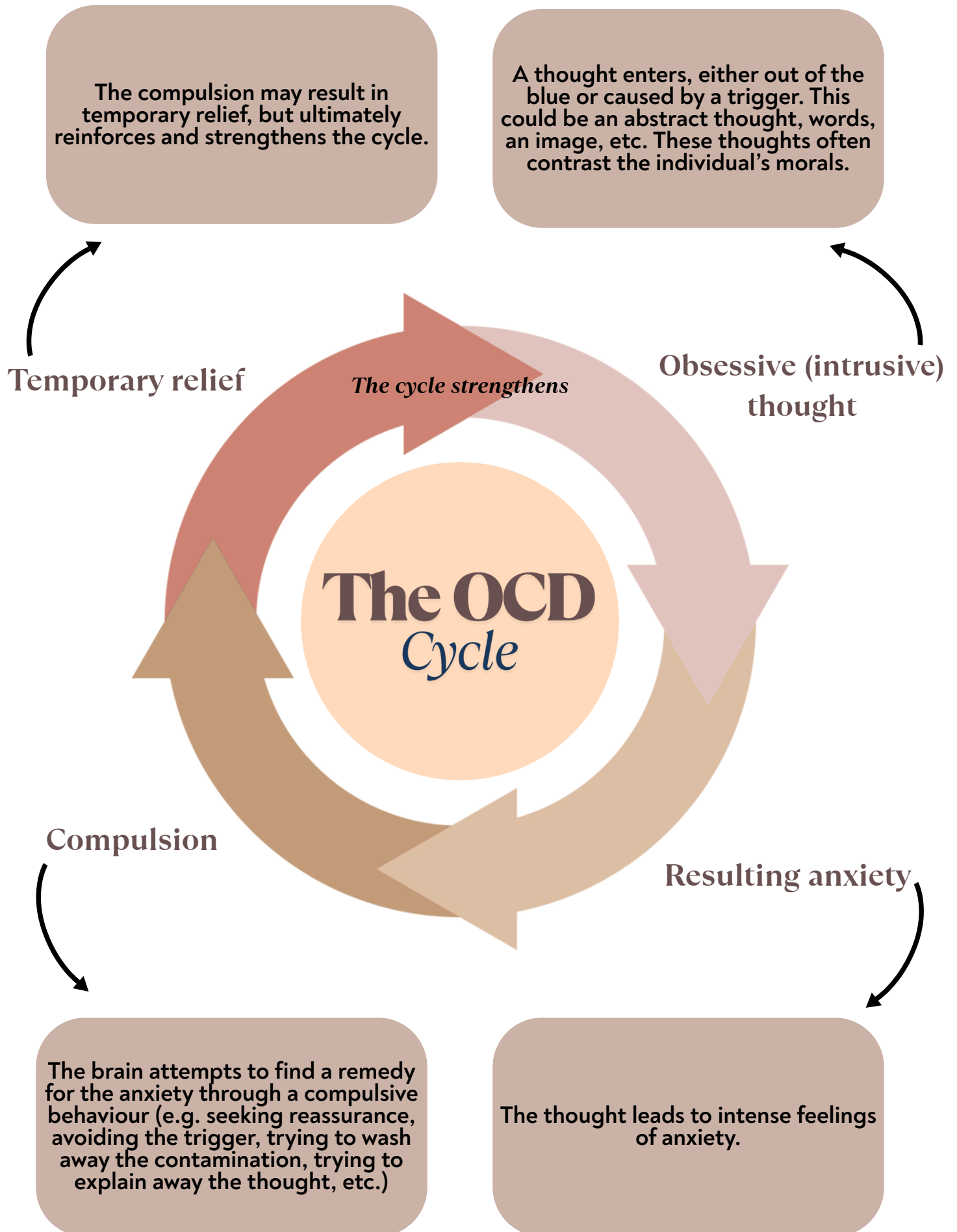
If I were to believe the alternative thought, what would the likely result be?

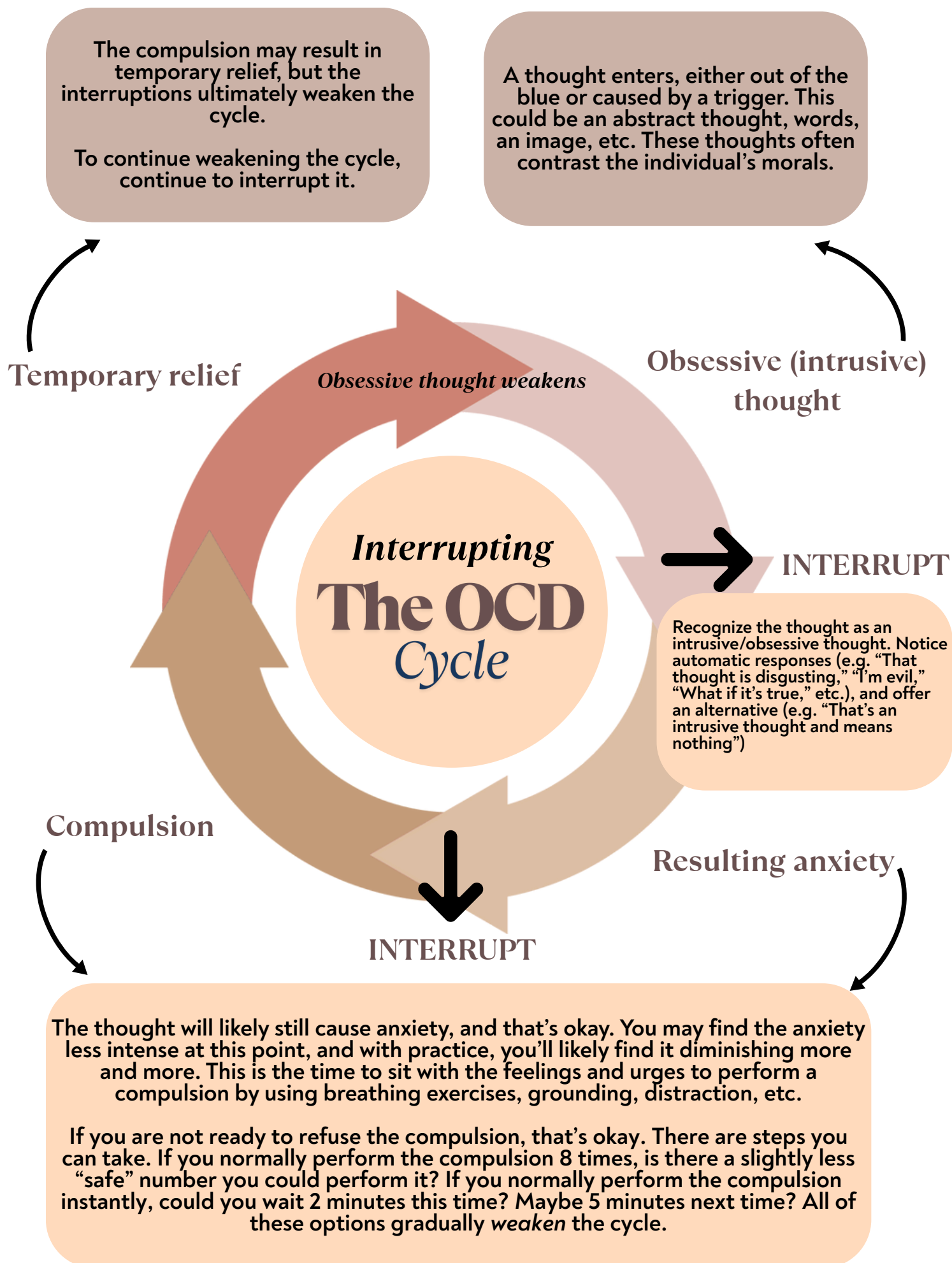
Note: It is normal to not believe the alternative thought right away. Offering it to yourself as an alternative repeatedly is a great way to show your mind that it has another option.

If I sit with
the anxiety

It will lose
its power







Situation

Distress Level (1-10)

[illegible]

The thoughts are *strong*
but I am *stronger*



[illegible]

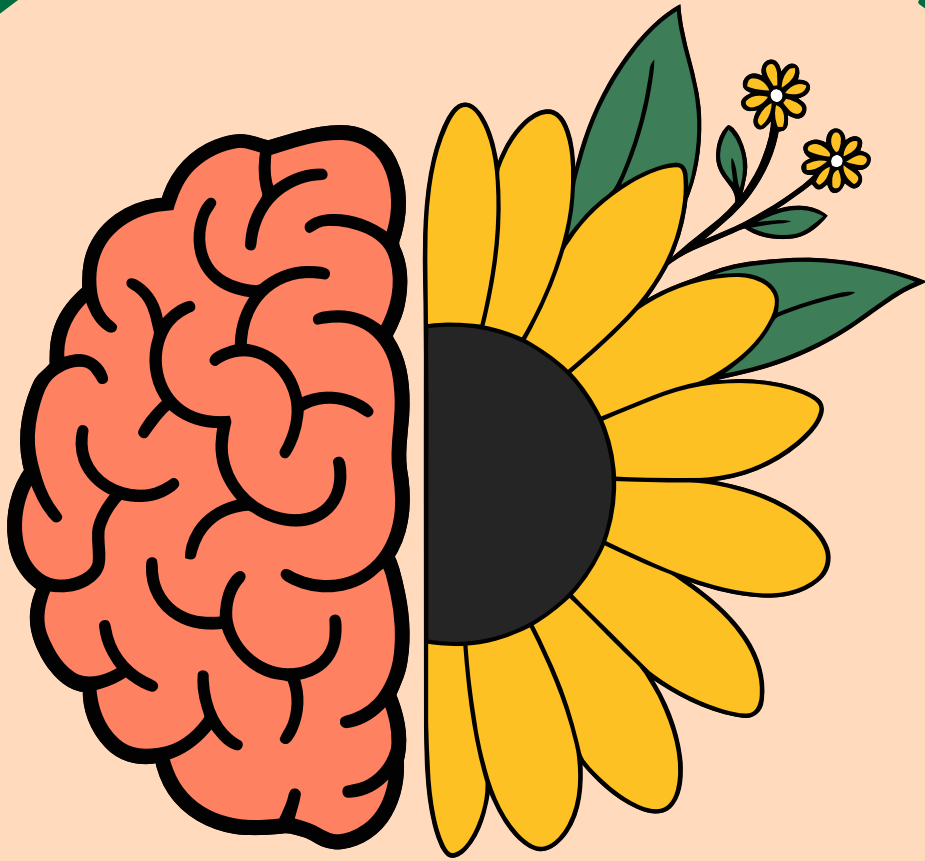
Compulsion Delay Tracker

[illegible]

17

[illegible]

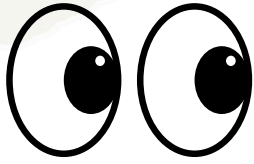
Intrusive thoughts are not actions



Intrusive thoughts are not facts

5 Senses

Grounding Exercise



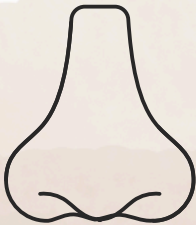
Name **5** things you can see



Name **4** things you can touch



Name **3** things you can hear



Name **2** things you can smell



Name **1** thing you can taste

Square Breathing

Breathe in
4 seconds

Hold
4 seconds

Hold
4 seconds

Breathe out
4 seconds



RAIN

Mindfulness Technique

R - *Recognize*

Notice what you're feeling and give it a name (e.g. I am feeling anxious)

A - *Allow*

Allow yourself to feel what you feel without trying to push it away. Sit with the emotion, knowing that emotions are neutral.

I - *Investigate*

Ask yourself where the feeling is coming from. Is there a need that's not being met? Was there a trigger that led to this feeling?

N - *Nurture*

Offer yourself compassion and kindness. Ask yourself what you need, and care for yourself.

15 Self-Compassion Prompts

1. *What do I need to hear right now from someone who loves me? Can I offer this to myself?*
2. *Can I name my current strongest emotion without self-judgement?*
3. *What would I say to someone I love if they were feeling this way?*
4. *What do I feel in my body? What could this feeling be trying to tell me?*
5. *What is one kind, true thing I could say to myself?*
6. *Could it be possible to offer myself permission to be imperfect?*
7. *Is there something I'm blaming myself for that is not my fault?*
8. *What would it look like to be gentle with myself today?*
9. *Even though _____, I am worthy of love and care from myself and others.*
10. *What kind of support do I wish I had growing up? How might I offer myself that kind of support now?*
11. *How can I actively remind myself that suffering is part of being human, rather than a personal failure?*
12. *How am I growing as a person, even if it's something small?*
13. *What is one thing other people love about me? Is there a step I could take toward loving about myself?*
14. *What part of myself am I learning to accept slowly and gently?*
15. *What strengths or qualities have helped me get through hard times?*

Thought Record - Intrusive Thoughts

[illegible]

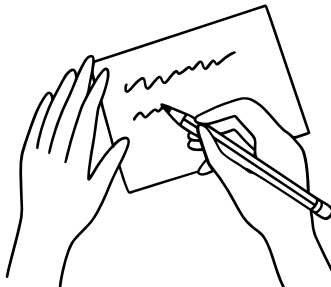
Thought Record - General

[illegible]

I cannot choose
the thoughts

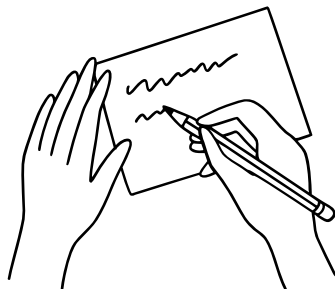


But I can choose
the reactions

[illegible]

Therapy Scribbles

Date: _____



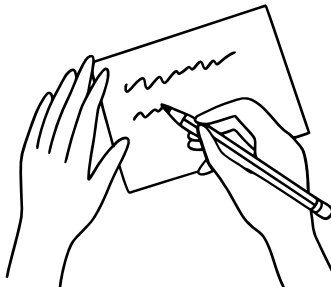
Post-Therapy Notes

Date: _____

How I feel after today's session:

Goals for next session:

Homework:



IT'S NOT
me
IT'S
OCD

