## Think CBT Psychotherapy, Counselling & Coaching

## OCD Change Exercise

Trigger / Intrusion  What was the situation, intrusive thought, image or initial feeling that triggered the OCD?				Initial Reaction     What feelings and reactions did I notice?		
				Rate the in	tensity	of the Initial Reaction (0-100%)
Obsession  Describe the rumination, worry or self-doubt that followed the trigger or intrusion.				Compulsion  Describe the unhelpful behaviours, habits or routines used to stop or control the obsessional thought and anxiety.		
☐ Uncertainty Avoidance ☐ It☐ It☐ It☐ It☐ It☐ It☐ It☐ It☐ It☐ I			6. Effectiveness of Compulsion How effective is the checking / reassurance seeking behaviour?  provides a helpful and sustainable solution to the OCD.  provides short-term relief without making the underlying OCD worse.  provides short-term relief but reinforces the long-term OCD.  provides no relief and reinforces the underlying OCD.			
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7. Alternative Response What helpful, workable and sustainable action can I take in response to the OCD? (Defusion, Mindfulness, Acceptance, ERP, Slow Motion Focus, competing response, committed action)		What unco	I tolerat	ance le thoughts and e to support this esponse?		9. Values and Goals  How will this move me closer to my values and goals?