

CBT For OCD Worksheet (Response Log)

Name Sabrina Turner	Date 5/24/2019
Use this Response Log CBT for OCD Worksheet to track and monitor your progress in implementing response prevention techniques.	
1. Obsessive Thought/Trigger: I received a critique on a work project from my supervisor.	
Obsessive Thought/Trigger Description: Describe the specific obsessive thought or trigger that occurred. "I'm such a failure." "I always mess things up." "I'll never succeed in this job."	
Compulsive Behavior/Response: Identify the compulsive behavior or response that you typically engage in as a result of the obsessive thought or trigger. Overwhelming sadness, frustration, and disappointment.	
Intensity/Urges Rating (0-10 scale): Rate the intensity or urge you felt to engage in the compulsive behavior or response, with 0 being no urge at all and 10 being the strongest urge imaginable. 9, I feel extremely bad	
Outcome of Compulsive Behavior/Response: Describe what typically happens when you engage in the compulsive behavior or response. Does it provide temporary relief, increase anxiety, or have any other effects? All-or-nothing thinking, overgeneralization, and labeling. They provide a bit of relief but mostly more anxiety	
Response Prevention Strategy: Identify the response prevention strategy you will use to resist the compulsive behavior or response. This may involve delaying the behavior, modifying the behavior, or finding an alternative response. Take deep breathes and try to be more rational with my actions and thoughts.	

Anticipated Anxiety/Discomfort Level (0-10 scale): Estimate the level of anxiety or discomfort you expect to experience when resisting the compulsive behavior or response, with 0 being none at all and 10 being extremely high.

10, I hate it.

Actual Anxiety/Discomfort Level (0-10 scale): After resisting the compulsive behavior or response, rate the level of anxiety or discomfort you experienced, with 0 being none at all and 10 being extremely high.

10

Duration of Anxiety/Discomfort: Note how long the anxiety or discomfort lasted after resisting the compulsive behavior or response.

3 days

Coping Strategies: Describe any coping strategies or techniques you used to manage the anxiety or discomfort experienced during response prevention.

None :(

Overall Observations/Comments: Write down any additional observations or comments about the experience of implementing response prevention techniques.

I will take a break to process my emotions, engage in self-care activities, and discuss the feedback with a trusted colleague or mentor for additional perspective.

Additional notes

2. Obsessive Thought/Trigger:

Obsessive Thought/Trigger Description: Describe the specific obsessive thought or trigger that occurred.

Compulsive Behavior/Response: Identify the compulsive behavior or response that you typically engage in as a result of the obsessive thought or trigger.

Intensity/Urges Rating (0-10 scale): Rate the intensity or urge you felt to engage in the compulsive behavior or response, with 0 being no urge at all and 10 being the strongest urge imaginable.

Outcome of Compulsive Behavior/Response: Describe what typically happens when you engage in the compulsive behavior or response. Does it provide temporary relief, increase anxiety, or have any other effects?

Response Prevention Strategy: Identify the response prevention strategy you will use to resist the compulsive behavior or response. This may involve delaying the behavior, modifying the behavior, or finding an alternative response.

Anticipated Anxiety/Discomfort Level (0-10 scale): Estimate the level of anxiety or discomfort you expect to experience when resisting the compulsive behavior or response, with 0 being none at all and 10 being extremely high.

Actual Anxiety/Discomfort Level (0-10 scale): After resisting the compulsive behavior or response, rate the level of anxiety or discomfort you experienced, with 0 being none at all and 10 being extremely high.

Duration of Anxiety/Discomfort: Note how long the anxiety or discomfort lasted after resisting the compulsive behavior or response.

Coping Strategies: Describe any coping strategies or techniques you used to manage the anxiety or discomfort experienced during response prevention.

Overall Observations/Comments: Write down any additional observations or comments about the experience of implementing response prevention techniques.

Additional notes

3. Obsessive Thought/Trigger:

Obsessive Thought/Trigger Description: Describe the specific obsessive thought or trigger that occurred.

Compulsive Behavior/Response: Identify the compulsive behavior or response that you typically engage in as a result of the obsessive thought or trigger.

Intensity/Urges Rating (0-10 scale): Rate the intensity or urge you felt to engage in the compulsive behavior or response, with 0 being no urge at all and 10 being the strongest urge imaginable.

Outcome of Compulsive Behavior/Response: Describe what typically happens when you engage in the compulsive behavior or response. Does it provide temporary relief, increase anxiety, or have any other effects?

Response Prevention Strategy: Identify the response prevention strategy you will use to resist the compulsive behavior or response. This may involve delaying the behavior, modifying the behavior, or finding an alternative response.

Anticipated Anxiety/Discomfort Level (0-10 scale): Estimate the level of anxiety or discomfort you expect to experience when resisting the compulsive behavior or response, with 0 being none at all and 10 being extremely high.

Actual Anxiety/Discomfort Level (0-10 scale): After resisting the compulsive behavior or response, rate the level of anxiety or discomfort you experienced, with 0 being none at all and 10 being extremely high.

Duration of Anxiety/Discomfort: Note how long the anxiety or discomfort lasted after resisting the compulsive behavior or response.

Coping Strategies: Describe any coping strategies or techniques you used to manage the anxiety or discomfort experienced during response prevention.

Overall Observations/Comments: Write down any additional observations or comments about the experience of implementing response prevention techniques.

Additional notes