

OCD Coping Skills Worksheet

Observe and Accept your Thoughts

Take a step back and notice your thoughts without judgment.

Do's and Don'ts:

- ✓ Practice mindfulness to notice your thoughts without engaging with them
- ✓ Acknowledge your thoughts as a part of your OCD
- ✗ Don't try to suppress or push away your thoughts
- ✗ Don't engage in avoidance behaviors to escape your feelings

Challenge and Change your Responses

Challenge your irrational beliefs and gradually change compulsive responses.

Do's and Don'ts:

- ✓ Question the validity of your obsessions
- ✓ Gradually face your fears with ERP (Exposure and Response Prevention)
- ✗ Don't avoid situations that trigger your OCD
- ✗ Don't reinforce compulsions by giving in to them

Develop Healthy Habits

Building strong routines and a support network can help stabilize your mental health and provide encouragement in your journey

Do's and Don'ts

- ✓ Engage in physical activity, relaxation techniques, and healthy sleep habits.
- ✓ Connect with a support system of friends, family, or professionals
- ✗ Don't isolate yourself or withdraw from social activities
- ✗ Don't be afraid to ask for help when needed

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Try these Exercises



Exercise 1 : Label your Thoughts

When an intrusive thought appears, instead of reacting to it, try labeling it. For example, this is irritational

Thought _____

Label _____



Exercise 2 : Cognitive Restructuring

- *Step 1: Identify an irrational thought linked to your OCD*
- *Step 2: Challenge the thought, what evidence do you have for/against this thought? What is the worst thing that could happen if I didn't act on this thought?*
- *Write a more balanced and realistic thought.*

Old Thought

New Thought



Exercise 3: Establish a Healthy Routine

- *Identify one area of your life where you can build a healthy habit*
- *Set a realistic goal for building this habit*
- *Create a simple plan to integrate this habit into your daily routine.*

Focus Area	Goal	Plan