

# Me vs OCD

## Spoiler alert: You're going to win. #DoThisThing

Good news: OCD is treatable. Getting in to see a clinician in your area is always a great idea. And in the meantime, let's #DoThisThing and explore a few coping skills you can put into practice today. Keep track of what triggers you every day for one week. Using the worksheet below, write down three obsessions each day. We're looking for an overview, no need to write 'em all out (that'd likely be an overwhelming task. I get it).

Rate your fear intensity on a scale of 0 to 10, where 0 = no fear and 10 = extreme fear. Record all the compulsions (both behaviors and/or mental strategies) you used in response to minimize your distress.

### Morning

### Noon

### Night

#### TRIGGER

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#### OBSESSION

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#### FEAR INTENSITY

1 2 3 4 5 6 7 8 9 10

#### COMPULSION

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#### TRIGGER

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#### OBSESSION

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#### FEAR INTENSITY

1 2 3 4 5 6 7 8 9 10

#### COMPULSION

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Now, start with your lowest-rated fears and giddy up for some ERP (exposure with response prevention). Here's how:

1. Identify the obsessions as OCD thoughts:  
Reminder: thoughts have no value if you don't give them value. Devalue the thought to value you!
2. Sit in the discomfort  
This is response prevention. The idea is to stop engaging in the compulsions to break the cycle.
3. Sweat it out  
Once you sit in the discomfort for a bit—slow and steady wins the race—the fear will eventually reach a peak and level off. In time, the fear will go away.

**#NOTTHERAPY**