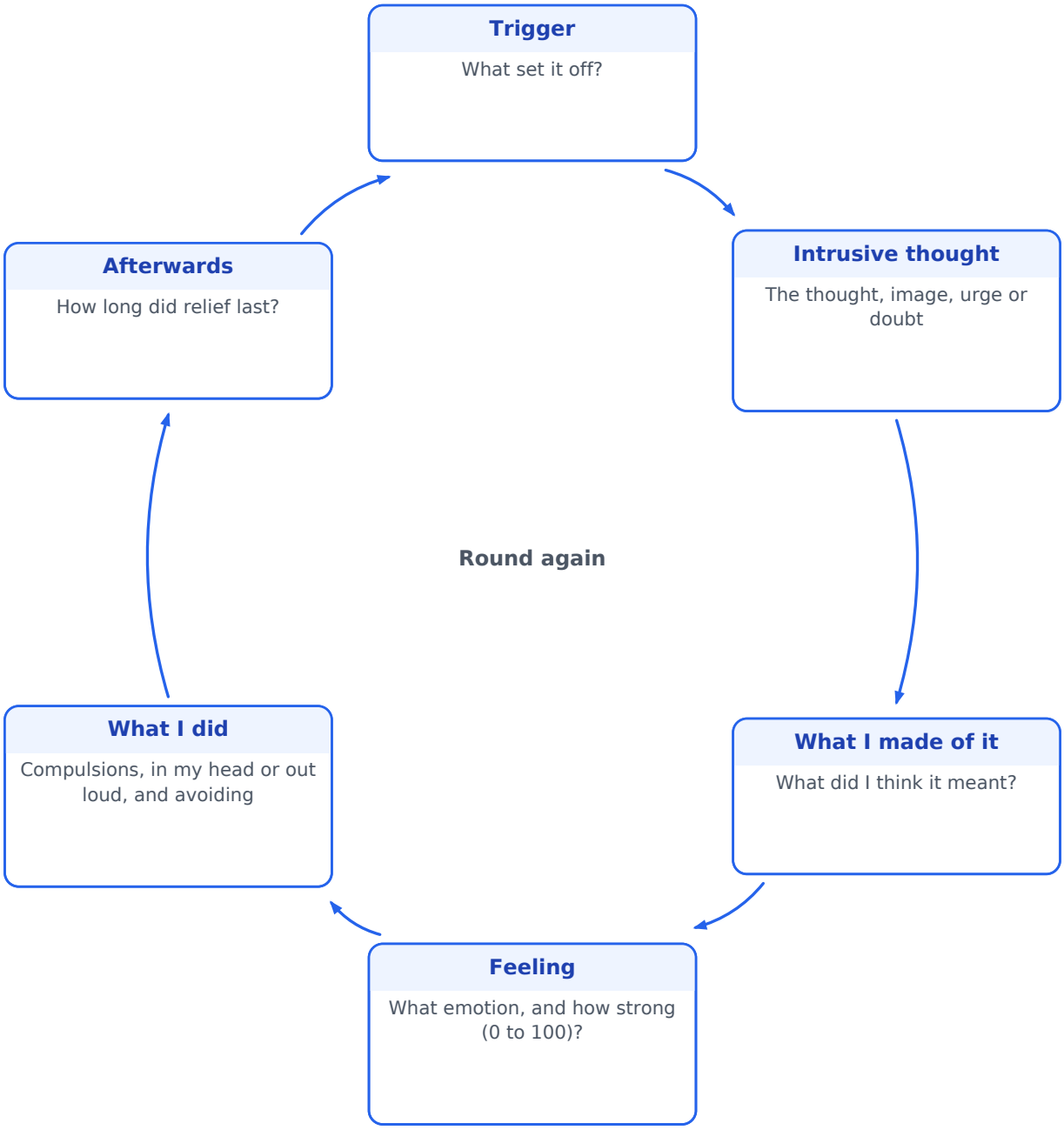
# My OCD cycle

Map one recent example from start to finish.

Name _____ Date _____




**What does this cycle cost me, in time and in what I miss out on?**

**If the thought meant nothing, what would I do differently next time?**

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.