OCD and the things you care about

What OCD takes time from, and what you want to get back to.

Name _____ Date _____

OCD takes time, energy and attention away from the things that matter to you. Being clear about what you want back gives you a reason to get through the hard moments.

What my OCD is about	What that says about what I care about
The themes of my obsessions	What matters to me underneath each theme

What OCD has cost me

☐ Time ☐ Relationships ☐ Work or study ☐ Enjoyment ☐ Freedom ☐ Confidence

If OCD took up a tenth of the space it does now, what would I do with my days?

Something I want back	A first step towards it

A sentence to remind myself why this is worth it

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