



**OCD WORKBOOK**

# OCD Client Worksheets

Ten adult-facing worksheets for mapping loops, reducing rituals, and practicing response prevention.

**How to use this**

Use this as a practical therapy companion, not as a self-diagnosis tool or a substitute for care. The goal is to notice the loop more clearly, reduce compulsive responses, and bring better data into therapy.

Murad Counseling PLLC | [muradcounseling.com](http://muradcounseling.com) | Telehealth in TX, WA, NH, and FL



# OCD Client Worksheets

These worksheets are built for adults dealing with OCD loops, including taboo intrusive thoughts, checking, reassurance, avoidance, confession, rumination, memory review, body scanning, and mental rituals. Use them to make the loop visible and to plan response prevention with more precision.

## How to use these pages

Do not use these worksheets to prove you are safe, pure, certain, recovered, or doing therapy perfectly. Use them to notice patterns and practice different behavior.

## Quick self-check

- I spend time trying to prove what a thought means.
- I ask for reassurance or search online even when I know it will not hold.
- I avoid people, objects, topics, memories, or sensations because they trigger doubt.
- I review conversations, feelings, body reactions, or past events.
- I feel temporary relief after rituals, then the doubt comes back.

# Worksheet 1: Map The Loop

Write the sequence without arguing with the content. The goal is to see the process.

**Trigger**

---

---

**Obsession, image, urge, memory, sensation, or feared meaning**

---

---

**Distress or feeling that shows up**

---

---

**Compulsion, avoidance, checking, or reassurance**

---

---

**Short-term relief**

---

---

**Long-term cost**

---

---

---

---



# Worksheet 2: Compulsion Inventory

Visible compulsions	Mental compulsions
<input type="checkbox"/> Checking objects or situations	<input type="checkbox"/> Reviewing the past
<input type="checkbox"/> Avoiding triggers	<input type="checkbox"/> Checking feelings
<input type="checkbox"/> Confessing	<input type="checkbox"/> Replacing thoughts
<input type="checkbox"/> Seeking reassurance	<input type="checkbox"/> Neutralizing images
<input type="checkbox"/> Repeating or undoing	<input type="checkbox"/> Arguing with doubt
<input type="checkbox"/> Researching	<input type="checkbox"/> Body scanning
<input type="checkbox"/> Testing yourself	<input type="checkbox"/> Trying to feel certain

**My top three compulsions**

---

---

---

**The one I am most ready to target first**

---

---



# Worksheet 3: Ritual Cost Audit

OCD usually sells the ritual as responsible. This page asks what the ritual is actually costing.

**Ritual**

---

---

**What it promises me**

---

---

**What it costs in time, trust, intimacy, work, sleep, or freedom**

---

---

---

**What I would rather practice instead**

---

---

---



# Worksheet 4: Response Prevention Plan

Pick a target small enough to practice and clear enough to measure.

**Trigger or situation**

---

---

**Ritual I will not do, delay, or reduce**

---

---

**What I expect my brain to say**

---

---

**What I will do with my attention and behavior instead**

---

---

**How I will know I practiced well**

---

---



# Worksheet 5: Exposure Learning Log

A good exposure is not measured only by whether anxiety goes down. Track what you learned when you did not ritualize.

**Exposure practice**

---

---

**What OCD predicted**

---

---

**What ritual I prevented**

---

---

**What happened when I allowed uncertainty**

---

---

**New learning to carry forward**

---

---

---

---



# Worksheet 6: Mental Ritual Disruption

Mental rituals are easy to miss because they feel like thinking. Watch for the function: are you trying to get certainty, undo danger, or feel correct?

**Thought or doubt that showed up**

---

---

**Mental move I wanted to do**

---

---

**How I interrupted or delayed it**

---

---

**What I returned to**

---

---



# Worksheet 7: Reassurance Reset

Reassurance can come from other people, internet searches, memory checks, body checks, spiritual checks, or your own inner arguments.

**Question I want answered**

---

---

**Where I usually seek reassurance**

---

---

**The uncertainty I am practicing carrying**

---

---

**The action I will take without reassurance**

---

---

---



# Worksheet 8: Values Bridge

Response prevention needs a direction. What are you trying to get back from OCD?

**What OCD has made smaller**

---

---

**What I want to reclaim**

---

---

**A small values-based action I can do this week**

---

---

**What discomfort may come with it**

---

---

# Worksheet 9: Setback Plan

A spike is not proof that treatment failed. It is a moment to use the plan instead of starting over.

**My early warning signs**

---

---

**Rituals I am most likely to restart**

---

---

**What I will do in the first 24 hours**

---

---

**Who or what helps me return to the plan**

---

---

# Worksheet 10: Session Prep

Use this before therapy so the session starts with the real loop, not the polished version.

**The hardest OCD moment since last session**

---

---

---

**What I did that fed the loop**

---

---

---

**What I practiced that helped**

---

---

---

**What I want help targeting next**

---

---

---

**Evidence note**

These worksheets use ERP, inhibitory learning, and ACT-informed OCD principles. They are based on clinical methods associated with Foa, Abramowitz, Craske, Hayes, Twohig, and related OCD treatment research.