A PAUSE, A PRACTICE, A NEXT STEP

OCD

Understanding the thought-and-ritual cycle.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Notice the pattern

Briefly identify a trigger, the distress it brings, and what you feel urged to do. Keep the note short so tracking does not become another ritual.

01 / Notice and reflect

What situation starts the loop?

02 / Notice and reflect

What do I do to try to feel certain?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek assessment when thoughts or rituals take significant time, cause distress, or disrupt daily life. If there is actual intent to harm yourself or someone else, or you are unsure you can stay safe, seek urgent human help rather than assuming the experience is OCD.

Read more: NIMH · OCD: Unwanted thoughts and repetitive behaviors

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.