OCD Journal Prompts



1)Write about a recent time you faced an obsession. Note what it entailed, how you felt, and what you learned from the experience.

2) Pick a frequent obsession. Descirbe it in detail and list evidence that it is true and evidence that it's untrue.

3) Think about a time when you resisted acting on a compulstion. How did you do it? How did you feel afterward?