

Obsessive Compulsive Disorder (OCD)

Journaling Prompts

1. Reflect on the specific obsessions or intrusive thoughts that have been most prevalent in your experience with OCD. What triggers these thoughts, and how do they impact your daily life?

2. Describe the compulsive behaviors or rituals that you feel compelled to perform in response to your obsessions. How do these rituals manifest, and how do they make you feel?

3. Explore the emotions associated with your OCD, such as anxiety, fear, guilt, or shame. How do these emotions affect your mental and emotional well-being?

4. Consider any patterns or triggers that seem to exacerbate your OCD symptoms. Are there specific situations or stressors that tend to intensify your obsessions and compulsions?

5. Write about the impact of OCD on your relationships, work, and daily functioning. How does it affect your ability to engage in meaningful activities and connect with others?

6. Reflect on your treatment journey and the strategies you've used to manage your OCD. What approaches have been effective, and what challenges have you encountered?

7. Imagine a life free from the grip of OCD. What would it look and feel like to experience relief from obsessions and compulsions? How might this change your daily experiences?

8. Consider the role of self-compassion and acceptance in your journey with OCD. How can you cultivate kindness and understanding towards yourself as you navigate the challenges of this condition?
