

## Changing OCD Strategies

Use this worksheet to identify changes in my OCD routines that help to improve the situation, reduce inconvenience and manage my anxiety.

| Situation | Old Rules<br>Write down what the OCD makes me do to manage the situation. | New Rules<br>Write down my new rules for managing the situation. |
|-----------|---|--|
| 1.        |   |  |
| 2.        |   |  |
| 3.        |   |  |
| 4.        |   |  |
| 5.        |   |  |