What are your obsessions.

**Instructions:** It can be helpful to really think about where our experiences with OCD are impacting us. Often, we may think of OCD being specific to one area, but our main obsession could have several mini obsessions or perhaps we find we have several main obsessions. Use this worksheet to start thinking about the different OCD fears and worries you may have, either on your own or with your therapist.

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| # | Main Obsession | Sub Obsession |
|  | Example: *worried about catching HIV and passing on to loved ones.* | Example: *worried that the slight scratch could become infected.* |
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Feel free to print and use this worksheet as many times as you like.