Knowing our reasons to change.

**Instructions:** Sometimes in therapy, you might be asked how is the OCD interfering in your life? Whilst this can be a horribly upsetting and sad exercise to complete, it can be helpful in highlighting why we need to work at therapy, and give us reasons to try and implement the change that we recognise that we need to make for our future quality of life.

Think about how OCD affects you at school/university, work, home or with relationships, social interactions, travel plans and life in general. Write your answers down in the boxes below.

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| How does OCD interfere with my life at the moment? |
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| What positive things could I do if OCD was not a problem? |
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| What will my first step to implement change? |
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Feel free to print and use this worksheet as many times as you like.