Creating your own OCD Road Map.

**Instructions:** During a ‘formulation’ a therapist will often use a visualisation mapping tool that expands on the OCD cycle to illustrate how OCD functions. This is usually referred to as the ‘vicious flower’ diagram or sometimes a ‘hot-cross bun’ diagram. This formulation helps the patient and therapist develop a shared understanding of their OCD problem in more detail and helps understand the factors that are keeping the problem going. It’s also a great way to illustrate how elements combine to maintain and gradually worsen the OCD. We have expanded on the OCD cycle image to generate our own OCD formulation diagram, which we will call The OCD Road Map. Look at the Autumn 2023 magazine for examples of a completed OCD Road Map. Use the blank template below to complete your own, you may want to work with a therapist to complete this.

**Trigger/s**

**Intrusion**

(These can be thoughts, doubts, images or feelings)

These are the Obsessions.

**Emotion/s**

**Meaning / Interpretation**

(negative interpretation applied to intrusive thought)

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**Physical Reaction/s**

**Behaviour**

(This can also be reassurance seeking and/or avoidances)

These are the Compulsions