Plan of action for overwhelming days.

**Instructions:** Having a plan of action in place for days where OCD is just too much, and life feels too overwhelming can be a really beneficial resource to have in your OCD recovery toolkit. Use this worksheet to create your OCD overwhelming day worksheet.

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| **I am starting to feel overwhelmed because...** |
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| **When OCD is just too much and I feel overwhelmed these will help my mood...** |
| Example: *listening to favourite music, going for a walk.* |
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| **If today is an overwhelming day, these are some positive things I can try tomorrow...** |
| Example: *practice my therapy and try a different approach, make a therapist appointment.* |
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