

My OCD diary

Noticing is the first step. Fill in one row each time OCD shows up, as soon as you can afterward. Short notes are enough.

Name

Week of

Day & time When it started	Situation Where you were, what set it off	Thought, image, or urge What showed up in your mind	What I feared it meant "If I don't..., then..."	Distress 0–10	What I did Including in your head, or avoiding	Time spent Roughly	Distress after 0–10
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EXAMPLE

Mon, 8:15	Leaving the house for work	"What if I left the stove on?"	"If there's a fire, it's my fault"	7	Went back to check twice. Replayed it on the bus.	20 min	4
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Remember: compulsions can be quiet, like checking a feeling, reviewing a memory, or asking for reassurance. Write those down too.

Looking back at my week

Fill this in at the end of the week, or before a therapy session. There are no right answers. You're looking for patterns, not perfection.

1 The situations that set OCD off most this week

2 The thoughts or fears that came up most

3 The compulsions I noticed most, including the ones in my head

4 Things I avoided because of OCD

5 Roughly how much time OCD took on a typical day

6 Something I noticed, or want to talk about in therapy