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The OCD Bully Worksheet

Recognise OCD's Demands, Notice Your Compulsions and Practise a Different Response



How to Use This Worksheet

- ✓ Choose a current OCD difficulty.
- ✓ Identify what the OCD bully is telling you.
- ✓ Notice the compulsion(s) it's pushing you to do.
- ✓ Plan a different response using CBT and ERP.
- ✓ Reflect on what you learn from practising it.

1. My OCD Difficulty

What is the situation, thought, or theme I'm struggling with?
(e.g., checking, contamination, ROCD, harm, health anxiety)

2. The OCD Bully's Message

What is OCD telling me?
(e.g., "What if...?", "You need to...", "It won't be safe unless...")

3. The Compulsion(s)

What does OCD want me to do?
(e.g., check, ruminate, seek reassurance, avoid, analyse)

- ☐
- ☐
- ☐
- ☐

4. A Different Response

How will I respond differently?
(e.g., resist the compulsion, allow uncertainty, stay in the situation)

5. My ERP Plan

Exposure I will practise:

My difficulty rating (0–10): /10

How often will I practise it?

6. What I Will Allow

What uncertainty, doubt or discomfort am I willing to practise allowing?
(e.g., "Maybe I can't know for sure", "I can have the thought without acting on it ")

7. Reflection

After practising, reflect on:

✓ What did I learn about my ability to experience uncertainty without performing my usual compulsion?

✓ What might I do next time, or how could I build on this?