

OCD Workbook

Better understand OCD, challenge your intrusive thoughts, and take care of yourself with six activities and exercises tailored to the challenges of OCD.

- **Hierarchy of Fears**
- **Understanding the OCD Cycle**
- **Cognitive Restructuring**
- **Plus 3 More Helpful Worksheets**

OCD Workbook

Living with OCD can bring unique challenges, especially when it comes to managing intrusive thoughts, repetitive behaviors, and anxiety. However, with the right tools and strategies, it is possible to build effective habits, reduce the impact of compulsions, and navigate daily life with greater ease. **This workbook is designed to provide practical worksheets that target key areas of OCD management, helping you to develop skills that enhance your emotional well-being and sense of control.**

Here is a brief introduction to each worksheet included in this workbook:

Hierarchy of Fears

This worksheet is designed to help you manage OCD by gradually confronting the fears or situations that trigger your anxiety or compulsions. By listing your fears from least to most anxiety-provoking, this approach provides you with a step-by-step plan to face these challenges at a pace that feels manageable.

Understanding the OCD Cycle

This worksheet is designed to help you identify the key components of your OCD patterns, including triggers, intrusive thoughts, anxiety, and compulsions. By mapping out this cycle, you can gain greater insight into how it works and develop strategies to break it.

Cognitive Restructuring

This worksheet is designed to help you manage OCD by pinpointing and challenging unhelpful thought patterns that fuel anxiety, stress, or compulsions. By exploring these thoughts and replacing them with more balanced, realistic alternatives, this technique helps lessen the hold of intrusive thoughts and promotes a calmer, more positive mindset.

Setting SMART Goals

This worksheet is designed to help manage OCD by setting Specific, Measurable, Achievable, Relevant, and Time-bound goals. This structured approach makes it easier to break down overwhelming obsessions or compulsions into manageable steps, helping to reduce anxiety and keep you focused.

PLEASE Take Care of Yourself

This worksheet is created to help you manage OCD by focusing on taking care of your physical and emotional well-being. By practicing PLEASE, you can lower your anxiety levels and reduce the impact of intrusive thoughts.

Self-Care Inventory

This worksheet is designed to help you assess and prioritize your self-care routine to better manage OCD symptoms. Consistent self-care can lower overall stress levels, making it easier to cope with anxiety and intrusive thoughts.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Hierarchy of Fears

When dealing with OCD, it's normal to feel overwhelmed by obsessions and the compulsions that follow. One way to begin managing this is by creating a hierarchy of fears. Think of it as a roadmap that helps you identify and rank your fears—from those that cause a little anxiety to those that feel really intense. This worksheet will guide you through the process of gradually working through each fear, starting with the least challenging. **By taking small steps, you can begin to weaken the grip of obsessions and compulsions and feel more in control over time.**

STEP 1: What is your primary fear?

Example: Fear of becoming contaminated.

STEP 2: List smaller fears that are related to your primary fear.

1. *Touching a doorknob.*

2. *Using a public restroom.*

3. *Shaking hands with someone.*

4. *Eating without washing hands.*

5. *Sitting on a public bench.*

STEP 3: Rank these fears from 1 (low anxiety) to 10 (high anxiety).

Situation That Triggers Your Fear	Anxiety Level
1. <i>Touching a doorknob.</i>	4
2. <i>Using a public restroom.</i>	9
3. <i>Shaking hands with someone.</i>	6
4. <i>Eating without washing hands.</i>	10
5. <i>Sitting on a public bench.</i>	5

Anxiety Scale

- 10 panic
- 9 
- 8 fearful
- 7 
- 6 afraid
- 5 
- 4 worried
- 3 
- 2 okay
- 1 

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Hierarchy of Fears

STEP 4: Prepare for challenges

What makes this technique effective is **staying in the situation until your anxiety naturally comes down on its own**. This process is what helps your nervous system to learn that the feared situation is tolerable (and teaches your mind that situations are not as scary as you may think!).

As you can imagine, facing your fears and waiting for your anxiety to come down is difficult! So here are two ways to prepare for the challenge.

List effective coping skills in case they're needed

If a situation is far more challenging than you thought, you may need to use coping skills like taking a break, deep breathing, listening to music, or taking a walk. List coping skills that you know work for you on the right.

counting backwards, listening to music,
progressive muscle relaxation,
visualization, positive self-talk

Plan some appropriate rewards

Facing fears takes practice and motivation! Use the space to the right to consider small rewards you are willing to reward yourself with, like snacks, treats, money towards a purchase, etc.

snacks, chocolates, money towards a new
purchase

STEP 5: Plan your challenges and rewards, starting with the least anxiety-provoking

Challenges That Trigger Your Fear	Anxiety Level	Reward Per Try
<i>Touching a doorknob</i>	4	<i>snacks</i>
<i>Sitting on a public bench</i>	5	<i>chocolates</i>
<i>Shaking hands with someone</i>	6	<i>chocolates</i>
<i>Using a public restroom</i>	9	<i>\$ to a purchase</i>
<i>Eating without washing hands</i>	10	<i>\$ to a purchase</i>




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Hierarchy of Fears

STEP 6: Do challenges and record your progress

At the beginning of each challenge, use the Anxiety Scale to rate your anxiety. Your goal is to **stay in the scary situation until your anxiety naturally comes down on its own**. Every so often through the challenge, re-rate your anxiety. You can stop the challenge when your anxiety has come down significantly (at least halfway). Unless a challenge is much too difficult or you get really stuck, try not to use coping skills. When the same challenge causes less *starting* anxiety, you'll know you're ready to move on to the next challenge.

Date	Challenges That Trigger Your Fear	Anxiety At:		Anxiety Scale
		Start	End	
May 3	Touching a doorknob	4	2	10 panic
May 4	Touching a doorknob	2	1	9 
May 5	Sitting on a public bench	5	2	8 fearful
May 6	Sitting on a public bench	3	2	7 
May 7	Shaking hands with someone	7	3	6 afraid
May 8	Shaking hands with someone	6	3	5 
May 9	Shaking hands with someone	3	1	4 worried
May 10	Shaking hands with someone	2	1	3 
May 11	Using a public restroom	9	6	2 okay
May 12	Using a public restroom	7	3	1 
May 13	Using a public restroom	7	3	

As you work through the challenges, use these spaces to reflect and adjust if needed.

How does it feel to “wait out” anxiety?	Do any of the challenges need to be adjusted?	Are rewards and coping skills (if necessary) working?
<p><i>It was really hard at first and didn't feel natural. After a couple of challenges, I think I got the hang of it though.</i></p>	<p><i>May 11: Using a public restroom at the mall was way too overwhelming</i></p> <p><i>May 12: Using a public restroom at work went better</i></p>	<p><i>May 11: needed to use coping skills at the mall. Music didn't help but counting backwards did.</i></p>

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Hierarchy of Fears

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Situation That Triggers Your Fear	Anxiety Level

Anxiety Scale

10 panic



8 fearful



6 afraid



4 worried



2 okay



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Hierarchy of Fears

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Plan some appropriate rewards

Facing fears takes practice and motivation! Use the space to the right to consider small rewards you are willing to reward yourself with, like snacks, treats, money towards a purchase, etc.

STEP 5: Plan your challenges and rewards, starting with the least anxiety-provoking

Challenges That Trigger Your Fear	Anxiety Level	Reward Per Try
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<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
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Anxiety At:

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Date	Challenges That Trigger Your Fear	Anxiety At: Start	End
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Anxiety Scale
10 panic
9 😨
8 fearful
7 😞
6 afraid
5 😟
4 worried
3 😐
2 okay
1 😊

As you work through the challenges, use these spaces to reflect and adjust if needed.

How does it feel to “wait out” anxiety?	Do any of the challenges need to be adjusted?	Are rewards and coping skills (if necessary) working?
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

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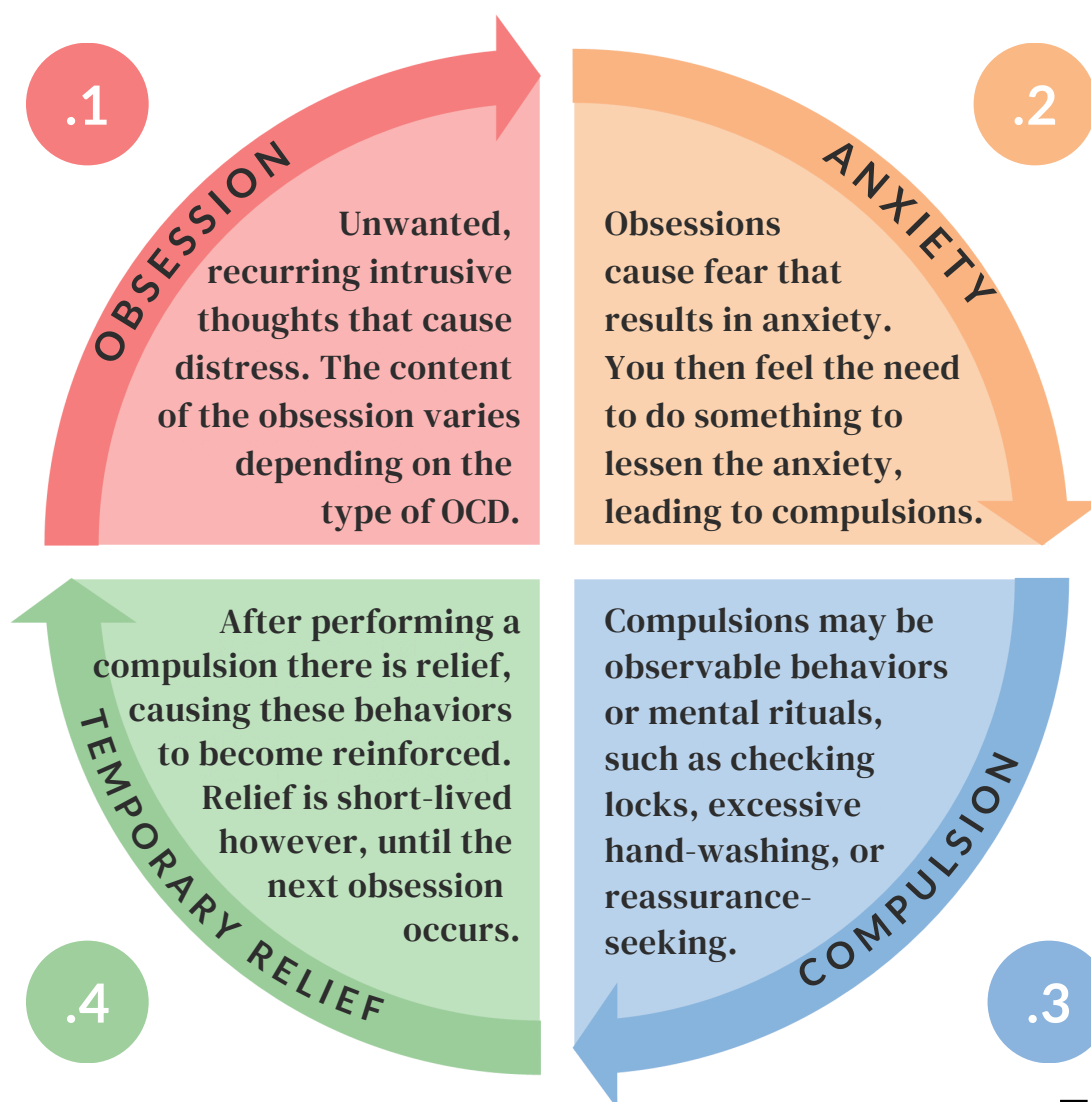


The Cycle of OCD

Obsessive-compulsive disorder (OCD) often follows a repetitive cycle called the "cycle of OCD." This cycle begins with a trigger, which can be either internal (like emotions, memories, or sensory experiences) or external (such as social situations, specific places, or disruptions in routine).

Once a trigger occurs, the first phase of the cycle starts with obsessions. Obsessions are intrusive, distressing thoughts that create anxiety or discomfort. To relieve this distress, someone with OCD moves into the next phase: compulsions. Compulsions are actions or mental rituals aimed at reducing the uncomfortable feelings caused by obsessions. After completing these compulsions, there's a sense of temporary relief—until the next trigger arises, restarting the cycle.

Understanding how this cycle plays out in your own experience
is a powerful first step toward breaking free from it.



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The Cycle of OCD

PART 1: Identify Your Triggers

Triggers can arise in many areas of your life. Below, list your OCD triggers in each area. Triggers typically provoke obsessions, defined as unwanted and recurring intrusive thoughts that cause anxiety or distress.

Home

Examples: clutter in the home, disruption in routine

Work/School

Examples: pressure with deadlines, fear of poor performance

Social Situations

Examples: being in close proximity to others, social interactions

Relationships

Examples: concern for safety of loved ones or significant others

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Obsessions are unwanted and distressing ideas, thoughts, or impulses. They are often experienced as intrusive thoughts and are typically brought on by triggers such as the ones you listed in the above worksheet. Below, list the obsessions that you notice come up for you in order from most distressing to least distressing.

Most Distress

Least Distress

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The Cycle of OCD

PART 3: Identify the Emotions Related to Your Obsessions

Check off the emotions that you commonly feel in response to obsessions that you experience.

- | | | |
|--------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Insecure | <input type="checkbox"/> Indifferent |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Pressured |
| <input type="checkbox"/> Disgusted | <input type="checkbox"/> Inferior | <input type="checkbox"/> Exposed |
| <input type="checkbox"/> Guilty | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Inadequate |
| <input type="checkbox"/> Worried | <input type="checkbox"/> Critical | <input type="checkbox"/> Scared |
| <input type="checkbox"/> Confused | <input type="checkbox"/> Annoyed | <input type="checkbox"/> Lonely |
| <input type="checkbox"/> Isolated | <input type="checkbox"/> Withdrawn | <input type="checkbox"/> Nervous |
| <input type="checkbox"/> Powerless | <input type="checkbox"/> Resentful | <input type="checkbox"/> Disdain |
| <input type="checkbox"/> Ashamed | <input type="checkbox"/> Furious | <input type="checkbox"/> Violated |
| <input type="checkbox"/> Vulnerable | <input type="checkbox"/> Disappointed | <input type="checkbox"/> Startled |
| <input type="checkbox"/> Embarrassed | <input type="checkbox"/> Perplexed | <input type="checkbox"/> Stressed |
| <input type="checkbox"/> Frightened | <input type="checkbox"/> Curious | <input type="checkbox"/> Bitter |
| <input type="checkbox"/> Helpless | <input type="checkbox"/> Content | <input type="checkbox"/> Mad |

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The Cycle of OCD

PART 4: Understanding the Compulsions

Compulsions are repeated behaviors that an individual feels driven to perform. They are intended to reduce anxiety or prevent a feared outcome from happening. Compulsions can be observable behaviors and actions or they can be mental rituals. Below, write down compulsions that you notice yourself performing. Examples have been provided to help you start; check off any of the example compulsions you find yourself engaging in and add your own to the list.

Cleaning Compulsions

☐

Washing hands in a ritualized or excessive way

☐

Excessively cleaning faucets, floors, counters

.....

.....

Checking Compulsions

☐

Repeatedly checking that the door is locked

☐

Checking that you did not harm someone without knowing it

.....

.....

Repeating Compulsions

☐

Spending excessive amount of time rewriting or rereading things

☐

Repeating routine activities like turning off a light switch, walking in and out of a door

.....

.....

Other Compulsions

☐

Counting objects such as floor or ceiling tiles

☐

Spending excessive time straightening papers, pens, books, etc.

.....

.....

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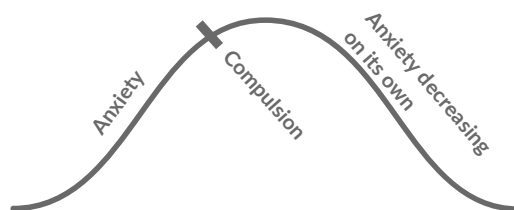
The Cycle of OCD

PART 5: How to Break the Cycle

Compulsions typically provide temporary, short-term relief to distress from obsessions until the next time a trigger is encountered. Then, the cycle starts all over again. To gain long-term relief instead of short-term relief, the cycle of OCD needs to be broken.

Building your awareness by identifying obsessions and compulsions, like you have in the above worksheets, is a great first step to breaking the cycle of OCD! Below are ideas for how to get out of this OCD cycle and find long-term relief.

A crucial step in breaking the cycle of OCD is learning to sit with anxious feelings without engaging in compulsive behavior. Compulsions maintain this cycle by giving short-term relief to distress and over time your brain begins to rely on compulsions as the way to reduce these feelings, rather than sitting through this distress without a compulsion.



When you ride out the wave of anxiety without participating in a compulsion, the urges to engage in compulsions will decrease. It may feel overwhelming at first, but with practice it can become easier. Working with a therapist who specializes in OCD can help you through this process, and teach you coping skills to work through anxiety without performing compulsions.

Coping Strategies to Reduce Anxiety

To sit with anxiety without participating in a compulsive behavior, it can be helpful to learn new coping strategies. Below are examples of these strategies; circle which ones you would like to try:

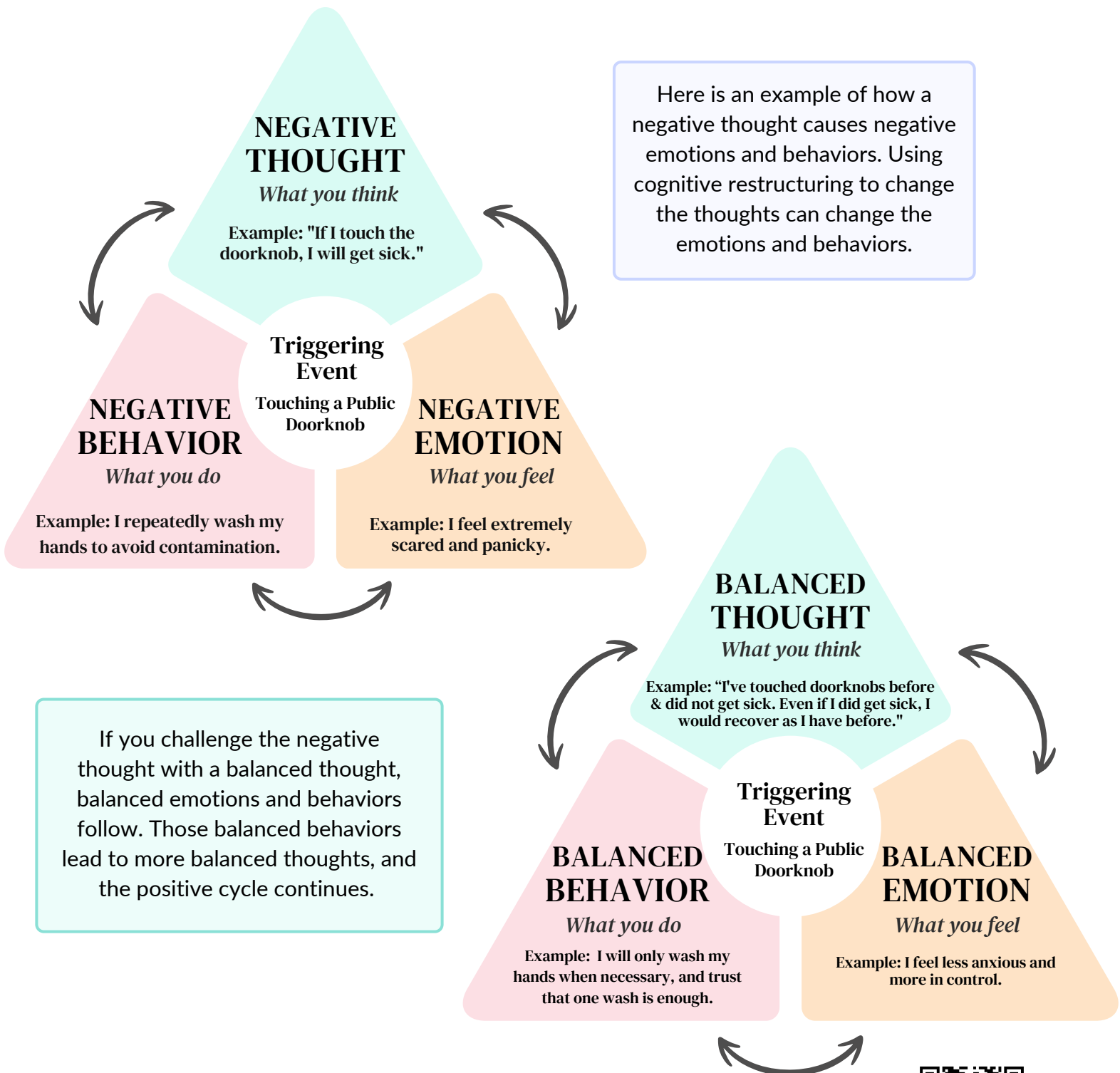
- Take a few deep breaths. Try to inhale through your nose for a count of 4, hold your breath for a count of 4, and then exhale slowly through your mouth for a count of 6. Repeat as many times as you need to feel calmer.
- Implement progressive muscle relaxation by slowly tensing each muscle group for 5 seconds, then releasing. This can help ease any tension you may feel in your body.
- Incorporate mindfulness of your body sensations by engaging in a body scan. Spend between 15-30 seconds scanning each part of your body, starting with your feet and moving up through the body and noticing any physical sensations that stand out to you.
- Ground yourself with the 5-4-3-2-1 method. Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

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Cognitive Restructuring

Cognitive restructuring is a CBT technique that involves recognizing negative and unhelpful thoughts, examining the evidence for and against these thoughts, and developing more helpful alternative thoughts. **For someone with OCD, cognitive restructuring can help challenge and change the intrusive and obsessive thoughts that contribute to anxiety and compulsive behaviors.**



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Cognitive Restructuring

THOUGHT

What you think in a situation.
Ex: "If I don't check the door multiple times, someone will break in."

EMOTION

How you feel.
Ex: Intense fear and worry about safety.

BEHAVIOR

How you act in the situation.
Ex: Repeatedly checking the door to ensure it's locked.

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

By critically evaluating the evidence for their obsessive thoughts and considering more balanced perspectives, individuals with OCD can reduce the intensity and frequency of their obsessions and compulsions, leading to improved mental well-being and daily functioning.

Thought:

**Is my thought
factual?**

**What evidence
do I have for
and against
my thought?**

**What would
someone else
say about the
situation?**

**Is it possible to
view this
situation
differently?**

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Setting SMART Goals

SMART Goals is a structured goal-setting method that can help with managing specific obsessions or compulsions. Making goals Specific, Measurable, Achievable, Relevant, and Time-bound can make it easier to stay focused and monitor progress. Each milestone reached can bring a sense of accomplishment, which may help counter some of the negative feelings that come with OCD. Rather than feeling stuck in the cycle of obsessions or compulsions, this approach offers a clear, structured path forward.

SSpecific

What is your goal? Write down exactly what you want to achieve. Avoid vague goals like "reduce compulsive checking". Be clear and detailed about what you expect to accomplish.

I want to limit how many times I check the stove before I leave the house. Right now, I check it about three times. My goal is to check it only once.

MMeasurable

How will you measure your progress? Do you want to use a clock, calendar, or behavior chart? Do you want to measure your goal by hours, weeks, or days?

I'll keep a daily journal where I write down each time I check the stove.

AAchievable

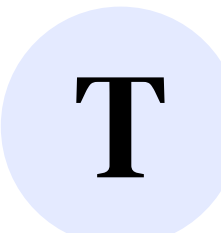
Is your goal realistic? Aim for a goal that is challenging but still manageable. What steps can you take to make your goal achievable?

Yes, I think it's realistic. I won't try to stop checking all at once, but I'll start by reducing it to two times a day, then down to one.

RRelevant

Does this goal align with your broader objectives? Ensure that your goal is relevant and meaningful to your overall life or career goals. Reflect on the value and impact of achieving this goal.

This goal is important because my compulsive checking is causing me anxiety and making me late for things. Reducing this behavior will help me feel more in control and improve my daily routine.

TTime-Bound

What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.

I want to reach my goal of checking the stove only once by the end of the next four weeks. I'll check my progress each week to make sure I'm on track.

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Setting SMART Goals

S

Specific

What is your goal?

M

Measurable

How will you measure your progress?

A

Achievable

Is your goal realistic?

R

Relevant

Does this goal align with your broader objective?

T

Time-Bound

What is your deadline for achieving this goal?

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Setting SMART Goals

Be Flexible

If you're struggling to reach a goal, don't be afraid to adjust it. It's okay to change the timeline, make the goal smaller, or alter the steps as needed.

Celebrate Milestones

Reward yourself for every step or milestone you reach, no matter how small. This could be as simple as taking a break, enjoying a favorite treat, or planning a fun activity.

Give Yourself Enough Time

Make sure you have enough time to achieve your goals without feeling overwhelmed. It's better to allow extra time and feel accomplished than to set an unrealistic deadline and feel discouraged.

Stay Patient & Be Kind to Yourself

Progress may be slow, and setbacks can happen. Remind yourself that change takes time, and be kind to yourself if things don't go perfectly.

What obstacles have I encountered, and how have I handled them?

What progress have I made so far? What am I proud of?

What support or resources might help me continue making progress?

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DBT PLEASE Skill

The PLEASE skill in Dialectical Behavior Therapy (DBT) is a helpful acronym for remembering essential aspects of mental and physical well-being. **For individuals with OCD, maintaining overall health can significantly impact the management of intrusive thoughts and compulsive behaviors.** This worksheet will guide you through applying the PLEASE skill to create a foundation of well-being.



PL

Treat Physical Illness

Make sure to look after your overall physical health by having regular check-ups, staying active, and following any medical advice. Taking care of your body helps keep your mind stable and healthy.



E

Balanced Eating

Try to eat regular, healthy meals. Good nutrition can help keep your mood steady and give you the energy you need, making you less likely to feel upset or stressed.



A

Avoid Mood-Altering Substances

Stay away from substances like alcohol and drugs that can affect your mood and thinking. Avoiding these helps you think clearly and manage your emotions better, which is important for your mental health.



S

Balanced Sleep

Getting enough sleep is very important for handling your emotions well. Try to keep a regular sleep schedule. Good sleep helps your mind work properly and keeps your emotions steady, reducing the chances of feeling moody or upset.



E

Exercise Daily

Exercise can lift your mood, reduce stress, and improve your overall emotional well-being. It also helps your body produce endorphins, which make you feel happier.

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DBT PLEASE Skill

PHYSICAL ILLNESS: Take care of your physical health.

Track your progress daily for a week to see if you are attending to your physical health on a regular basis or if there is room for improvement.

	M	T	W	T	F	S	S
Scheduled and attended doctors appointments							
Took medications							
Took a shower and washed face							
Brushed my teeth							
Moved my body							
Ate nutritious food							
Went outside							
Drank enough water							
Limited time on social media							
Cleaned the house							
Spoke to another person							

What challenges did you face when taking care of your physical health and how can you overcome them?

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DBT PLEASE Skill

BALANCED EATING: What we eat contributes to our mental health.

Keep track of the foods you consume for several days and how you feel after you eat them. The more specific you can be about how you feel after eating, the better!

Food Consumed	How I Felt After Eating it
1.
2.
3.
4.
5.
6.
7.
8.
9.

Which foods made you feel the best & what foods do you want to avoid going forward?

.....
.....
.....

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DBT PLEASE Skill

AVOID MOOD ALTERING SUBSTANCES:

Evaluate your use of substances that may affect your mood.

Substances such as alcohol, non-prescription medications, drugs, and caffeine can affect your ability to regulate your emotions. One of the keys to emotional stability is to take medication as prescribed and avoid substances used for self-medicating.

What mood altering substances do you use?

What are your personal reasons for avoiding mood altering substances?

What steps can you take to reduce or eliminate these substances?

What challenges might you face and how can you overcome them?

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DBT PLEASE Skill

BALANCED SLEEP: Getting enough sleep is important to your mental health.

You should strive for 7 to 9 hours of sleep per night and establish good sleep habits to help regulate your mood.

With a sleep diary, you can log your bedtime, night awakenings, and morning wake-up times. This helps you see your sleep patterns and overall sleep duration, as well as how often your sleep is disrupted. Additionally, a sleep diary helps you track activities affecting your sleep. You'll note when you exercise, nap, take medication, or consume caffeine or alcohol.

INSTRUCTIONS: (1) Write the date and type of day: Work, School, or Day Off. (2) Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise. (3) Put a "B" in the box to show when you go to bed. Put a "Z" in the box that shows when you think you fell asleep. (4) Put a "Z" in all the boxes that show when you are asleep at night or when you take a nap during the day. (5) Leave boxes empty to show when you wake up at night and when you are awake during the day. **SAMPLE ENTRY BELOW:**

		P.M.											A.M.												
Date	Type of Day	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
7/12	Work		C					E		A		M	B	Z	Z	Z	Z		Z	Z	Z				

		P.M.											A.M.												
Date	Type of Day	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

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DBT PLEASE Skill

EXERCISE DAILY: Exercise is a great way to balance your mood.

Though it can be challenging to incorporate exercise into your daily routine, completing it can make you feel better physically and mentally. Even 20-30 minutes of brisk walking can be beneficial.

DATE & TIME	TYPE OF EXERCISE	DURATION	INTENSITY

Which workouts did you enjoy the most & want to do more?

What challenges did you face and how can you overcome them?

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Self-Care Inventory

Self-care is any technique that enhances your well-being and replenishes your mind and body. For example, practicing daily gratitude, laughing with a loved one, and taking daily walks can boost your mood and improve overall well-being. A self-care routine is not one-size-fits-all but requires experimenting with different strategies to understand what works best for you.

This worksheet is designed to help you explore a variety of specific self-care activities that can improve your well-being. You will be asked to rank each activity on a scale from 1-3 to determine how well you are currently engaging in these practices. After ranking, you can “star” the activities you would like to do more often. The goal of this worksheet is to help you recognize the different types of self-care available to you, identify what you are doing well, and pinpoint areas where you can improve to feel better overall.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3 ★ Physical Self-Care: Improving your physical health.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Engaging in regular physical activity such as walking, running, yoga, or strength training.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ensuring you get enough restful sleep each night to rejuvenate your body.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eating a balanced and nutritious diet, including plenty of fruits, vegetables, and grains.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drinking enough water throughout the day to stay hydrated.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maintaining good hygiene practices such as bathing, brushing teeth, and grooming.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attending regular check-ups and following medical advice from healthcare professionals.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking time to relax and unwind, through activities like taking a bath and getting a massage.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Limiting or avoiding the use of alcohol, tobacco, and other substances.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spending time outdoors in natural sunlight to enhance vitamin D levels and improve mood.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Paying attention to your body's needs, such as stretching when tense or resting when tired.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Self-Care Inventory

1 2 3



Emotional Self-Care: Processing & expressing your emotions.

☐ ☐ ☐
☐

Participating in activities you enjoy to boost your mood and provide a sense of fulfillment.

☐ ☐ ☐
☐

Spending time with friends and family to build support and reduce feelings of isolation.

☐ ☐ ☐
☐

Practicing mindfulness to stay present and manage negative thoughts.

☐ ☐ ☐
☐

Writing down thoughts and feelings to process emotions and gain insights.

☐ ☐ ☐
☐

Keeping a gratitude journal or reflecting on things you are thankful for.

☐ ☐ ☐
☐

Using positive affirmations to counter negative self-talk and build self-esteem.

☐ ☐ ☐
☐

Using music to relax, uplift your mood, or express your emotions.

☐ ☐ ☐
☐

Expressing your emotions through art, music, writing, or other creative outlets.

☐ ☐ ☐
☐

Set achievable goals and celebrate your progress, no matter how small.

☐ ☐ ☐
☐

Regular sessions with a therapist or counselor to explore and address emotional challenges.

1 2 3



Social Self-Care: Fostering & maintaining healthy relationships.

☐ ☐ ☐
☐

Spending time with people you like and make you feel good about yourself.

☐ ☐ ☐
☐

Asking for help from friends or family when you're feeling down or overwhelmed.

☐ ☐ ☐
☐

Learning to say no and establishing boundaries to protect your emotional well-being.

☐ ☐ ☐
☐

Participating in support groups to gain insight and emotional support from others.

☐ ☐ ☐
☐

Participating in clubs or organizations that align with your interests to meet new people.

☐ ☐ ☐
☐

Giving your time to help others in your community to foster connection and purpose.

☐ ☐ ☐
☐

Going to social gatherings, parties, or community events to build your social network.

☐ ☐ ☐
☐

Scheduling regular get-togethers, such as a weekly coffee date, or a monthly dinner.

☐ ☐ ☐
☐

Actively listening when talking with others, which helps strengthen your relationships.

☐ ☐ ☐
☐

Scheduling intentional alone time with your romantic partner.

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Self-Care Inventory

1 2 3



Professional Self-Care: Maintaining a healthy work-life balance and pursuing career development opportunities.

☐ ☐ ☐
☐

Clearly defining work hours and sticking to them to ensure a healthy work-life balance.

☐ ☐ ☐
☐

Stepping away from work to recharge, through daily short breaks and using vacation time.

☐ ☐ ☐
☐

Talking to a supervisor or HR about mental health challenges (if it feels safe).

☐ ☐ ☐
☐

Exploring available support options, such as employee assistance programs (EAP).

☐ ☐ ☐
☐

Organizing and prioritizing work tasks to manage workload effectively and reduce stress.

☐ ☐ ☐
☐

Ensuring your work environment is comfortable and conducive to productivity.

☐ ☐ ☐
☐

Establishing achievable work goals and celebrating small accomplishments.

☐ ☐ ☐
☐

Being kind to yourself during work and avoiding excessive self-criticism.

☐ ☐ ☐
☐

Building positive relationships with coworkers for mutual support and camaraderie.

1 2 3



Spiritual Self-Care: Nurturing your spirit and providing purpose.

☐ ☐ ☐
☐

Practicing meditation to connect with your inner self and find peace and clarity.

☐ ☐ ☐
☐

Engaging in prayer or other forms of communication with a higher power.

☐ ☐ ☐
☐

Spending time in nature to experience connection to the world around you.

☐ ☐ ☐
☐

Regularly reflecting on what you are thankful for to cultivate an appreciative mindset.

☐ ☐ ☐
☐

Reading inspirational books, scriptures, or quotes to uplift and inspire your spirit.

☐ ☐ ☐
☐

Participating in spiritual or religious community activities.

☐ ☐ ☐
☐

Engaging in artistic activities, such as painting, music, or writing.

☐ ☐ ☐
☐

Performing acts of kindness and service to others, fostering a sense of purpose.

☐ ☐ ☐
☐

Acting in accordance with your morals to create a sense of integrity in your life.

☐ ☐ ☐
☐

Spending time with the people who give your life meaning.

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy for OCD](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

