

Setting SMART Goals for OCD

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.

S**Specific**

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.

M**Measurable**

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.

A**Achievable**

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.

R**Relevant**

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.

T**Time-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.

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



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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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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.

