

Form I: What Have I Lost To OCD¹

Instructions:

Most of the time when you think about your OCD, you think about your pain and all of the reasons that it feels necessary to give in to the demands of the OC Monster. The purpose of this form is to examine ways in which you have been hurt by OCD. **Do not include ways in which your OCD has hurt others** – there is another form for this. In considering what you have lost to OCD it is important to be detailed about the painful parts of this loss. For example, rather than saying it you could have more money, remind yourself of career and employment opportunities that you lost to OCD and how you felt about them. The categories below are just suggestions. Feel free to come up with your own. If you need to, use the back of this form or additional paper.

Lost/Wasted Time:	Because of OCD, I've Missed:
Humiliating Experiences:	Because of OCD, I've Been Late To:
Financial/Employment Losses:	Damaged or Lost Relationships:
Guilt:	Other OCD Losses:

¹ From *Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty* by Jonathan Grayson. Penguin-Putnam. NYC, NY. 2014.