

Form II: How Giving in to OCD Has Hurt My Loved Ones ¹

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 how you have hurt the ones you love by giving into OCD. 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 you have missed events, try to think about specific events and how your loved ones must have felt (e.g., the disappointment a child would feel because your actions made them late to an event). 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.

Forcing Them to Ritualize	Hurt Them with My OCD Rigidity
Making Them Late or Missing Events	Ignoring Them Because of OCD Thoughts
Hurt Them with My Other OCD Demands	Ignoring Them by Withdrawing
Hurt Them with My OCD Anger	Other

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