



Keep Track of Your Symptoms

Up until now, what you learned was focused mainly on psychoeducation. In other words, now understand the basics of OCD and how this condition affects your personal life. Since we cannot fight against something we don't understand, this first step was a crucial part of the process.

Before we move forward, you need to have a baseline measure of your obsessive thoughts and compulsive behaviors. What you can do right now, is learn how to monitor your obsessions and compulsions, by completing an OCD worksheet. Understanding your specific obsessions and compulsions provides you with a lot more oversight, compared to learning general information about OCD.

EXPLORABLE
Quiz Time!

Quiz: Psychology 101 Part 2

Quiz: Psychology 101 Part 2

Quiz: Flags in Europe

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Column 1: Date and Time

Write down the exact date and time, when your obsessive thought or image appears.

Column 2: Obsession

Write down the obsessive thought or describe the image that appeared in your mind. You don't have to go into too much detail, but it's important to write it down as soon as possible, otherwise you might miss out on important details. For instance, if you're thinking, "The table is covered in germs", write this exact sentence in column 2.

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Remember to keep all of your worksheets in a safe place, because you will need them soon.

Source URL: <https://explorable.com/e/keep-track-of-your-symptoms>

Links:

[1] <https://explorable.com/users/Liya%20Panayotova>, [2] <https://explorable.com/e/keep-track-of-your-symptoms>