Meet My Bossy OCD

OCD is a false alarm in my brain. It is not me, it is not my fault, and I can boss it back.

Name: _____ **Date:** _____

1 My OCD has a name

Give it a silly or bossy name, then draw it

Its name:

It sounds like (what it says):

Draw it here:

2 What OCD tells me

Tick the kind only. I do not have to write the details

- ☐ Germs or getting sick
- ☐ Something bad will happen
- ☐ Hurting someone
- ☐ Not just right
- ☐ Even or exact
- ☐ I did something wrong
- ☐ I am bad
- ☐ Something else

3 What OCD makes me do

These are rituals. Some happen only in my head

- ☐ Wash or clean
- ☐ Check things
- ☐ Count
- ☐ Tap or touch
- ☐ Repeat or redo
- ☐ Line things up
- ☐ Ask: are you sure?
- ☐ Avoid things

4 What OCD takes from me

And what I want back

Time it takes each day: _____

It gets in the way of: _____

What I want back: _____

5 My boss back words

Say them out loud or in my head

- **That is OCD talking. It is a false alarm.**
- **I can feel scared and still be brave.**
- **I do not have to do what you say.**

My own boss back words: _____

People on my team against OCD: _____

A brave thing I did this week: _____

My reward for climbing a step: _____

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My Boss Back Ladder

Small steps of not doing what OCD says. I plan them with my helper and start low.

Name: _____ **Date:** _____

1 My fear thermometer

How scary would it feel if I did NOT do the ritual?

0 = easy, 10 = super scary: 0 1 2 3 4 5 6 7 8 9 10

2 My ladder

Step 1 is the easiest. Repeat a step until it feels easier, then climb

Step 8 (hardest)	_____	Fear: ___ /10
Step 7	_____	Fear: ___ /10
Step 6	_____	Fear: ___ /10
Step 5	_____	Fear: ___ /10
Step 4	_____	Fear: ___ /10
Step 3	_____	Fear: ___ /10
Step 2	_____	Fear: ___ /10
Step 1 (easiest)	_____	Fear: ___ /10

3 My practice record

Did I skip it, wait longer or make it shorter?

Day	Step	Fear at start	Highest	End	Skip / wait / shorter	What I learned

4 For the grown up helper

Calm, confident and on the same team against OCD

Plan ladder steps with a clinician trained in CBT with exposure and response prevention (ERP).
Repeated reassurance works like a ritual. Answer once, then say: That sounds like OCD asking.
Step back from helping with rituals slowly, one change at a time, and tell your child the plan first.
Praise effort, not calm. The fear goes down on its own with practice. Never punish rituals.
If OCD starts suddenly over a few days, or is severe or getting worse, see your pediatrician.

US: crisis, call or text 988. Emergency, call 911. These pages do not replace a trained clinician.

Grown up notes: helping we will step back from, progress to share with the child's therapist or pediatrician

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