

# **AGES 10+ ASSISTANT OCD COACH PLAN!**

## **Be Seen!!!!**

**(S)- Supportive**  
**(E) Empathetic**  
**(E) Encouraging**  
**(N) Non-Judgmental**

*(S)-5 ways I can show my sibling I care*

1

2

3

4

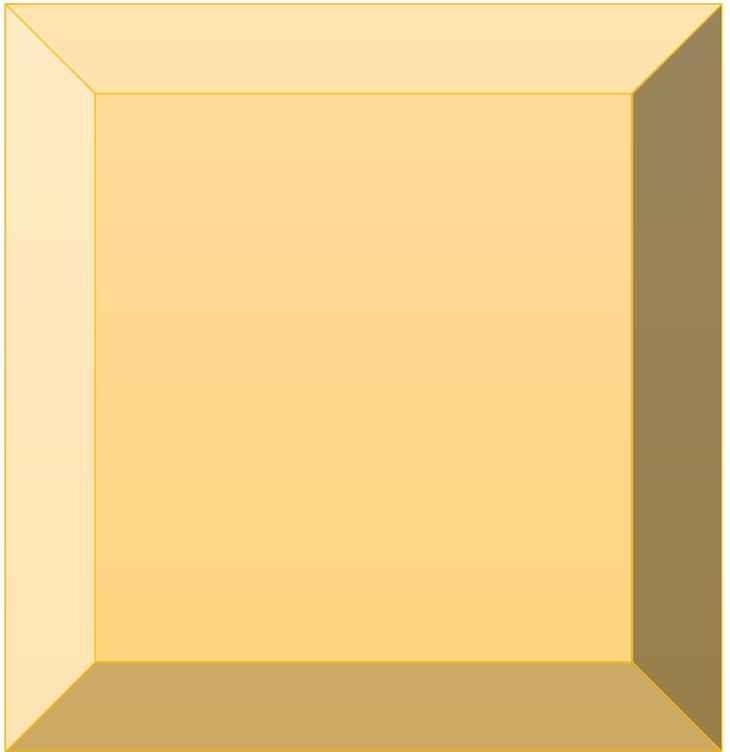
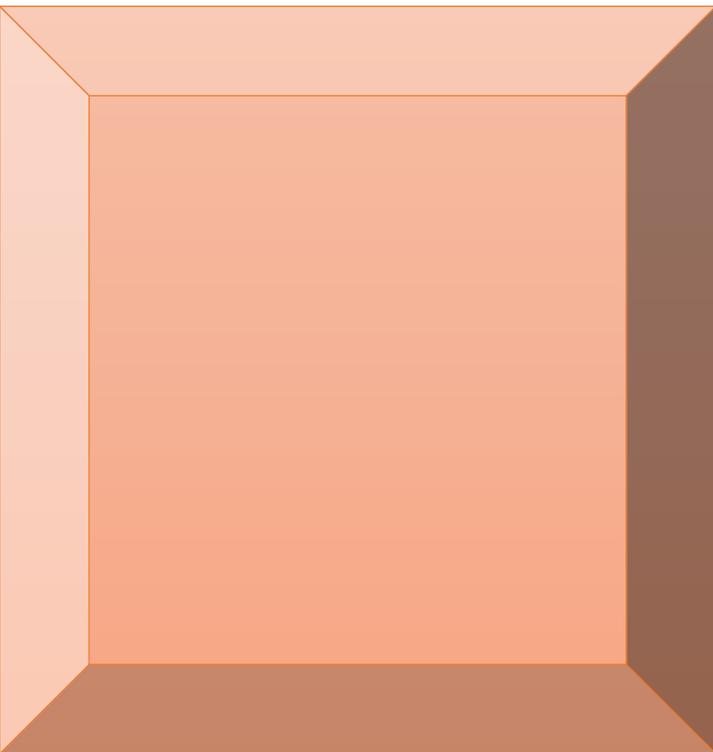
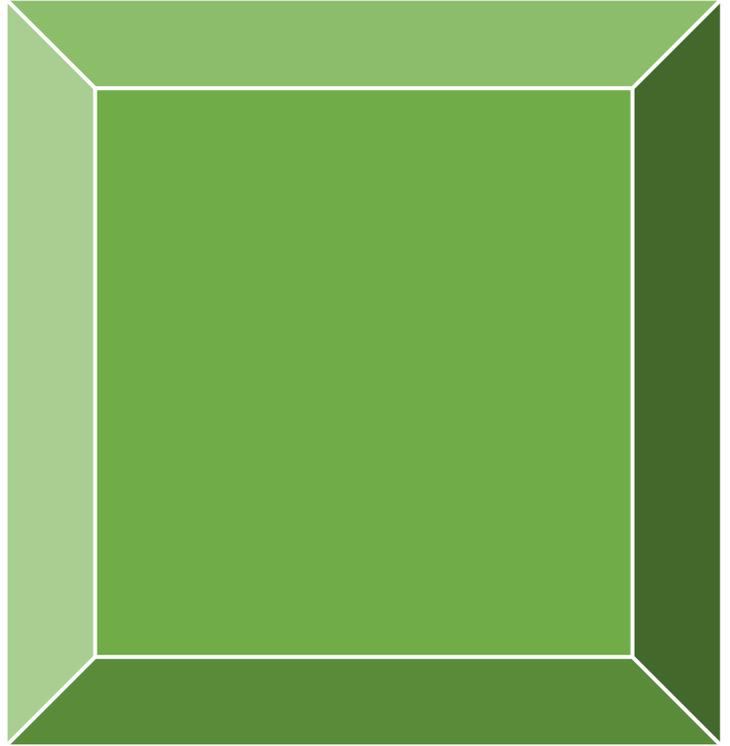
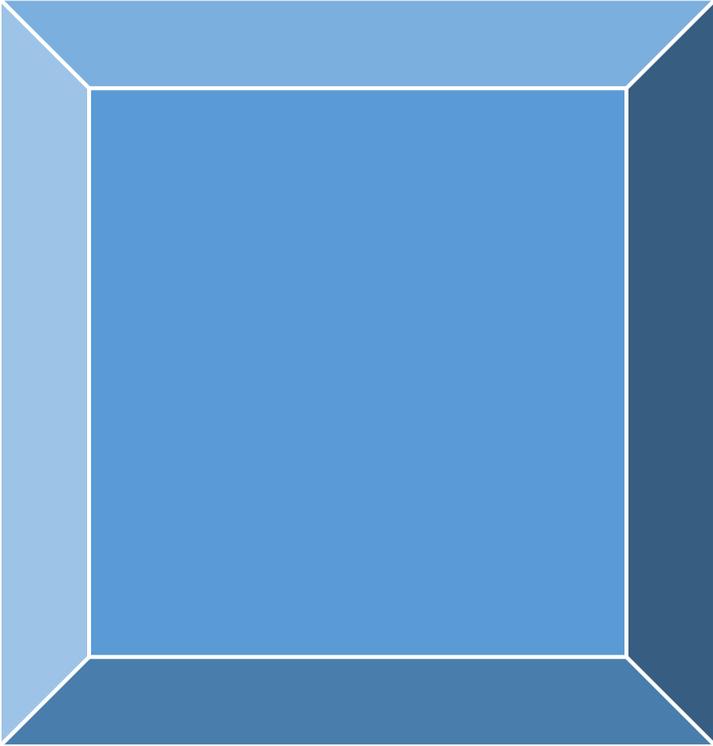
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*(E) Compare feelings- when have you felt that way?*

*(e.i. My brother said he is fearful of the dark; I feel fear when it is storming outside.)*



*(E) Make kind notes*



*(N)- 3 things I like to do with my sibling*

