

THE ACT WORKBOOK FOR TEENS WITH OCD

EXTRA-AWARENESS EXERCISES TO PRACTICE ON THE GO!



based on Dr. Z's book
www.thisisdoctorz.com
www.actbeyondocd.com

THE ACT WORKBOOK FOR TEENS WITH OCD: UNHOOKED YOUR LIFE AND LIFE TO THE FULL!

Because words can be too complicated, what about taking a moment to breathe, relax, close your eyes, visualize yourself right now, right here, and check what you're feeling, what you're sensing and what your mind does. There is no right or wrong way of doing this exercise. Jot down your reactions below:



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What about writing down below all the jokes, sayings, and words you have heard about therapy.. memes are welcome!

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What about writing some of those fear-related words -like worry, fear, anxiety, stress, panic, shaking, dread, scary- UPSIDE-DOWN?

stress

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Choose one of your favorite songs, and listen to it. Next describe how you felt about it, all the thoughts that came up and images that may have shown up and so on!

My favorite song

This is what showed up for me

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Imagine for a moment you're designing a license plate for your life, what would it say?

My personal license plate says:

01PFO

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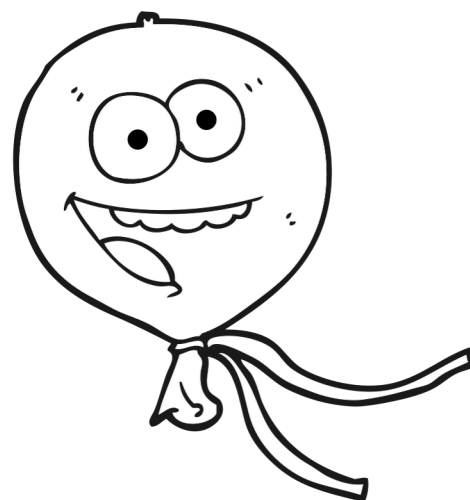
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What about designing a tattoo or sign of what you want your life to be about? How would it look, where would you put it?

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Draw a balloon for each obsession that showed up in your mind today!



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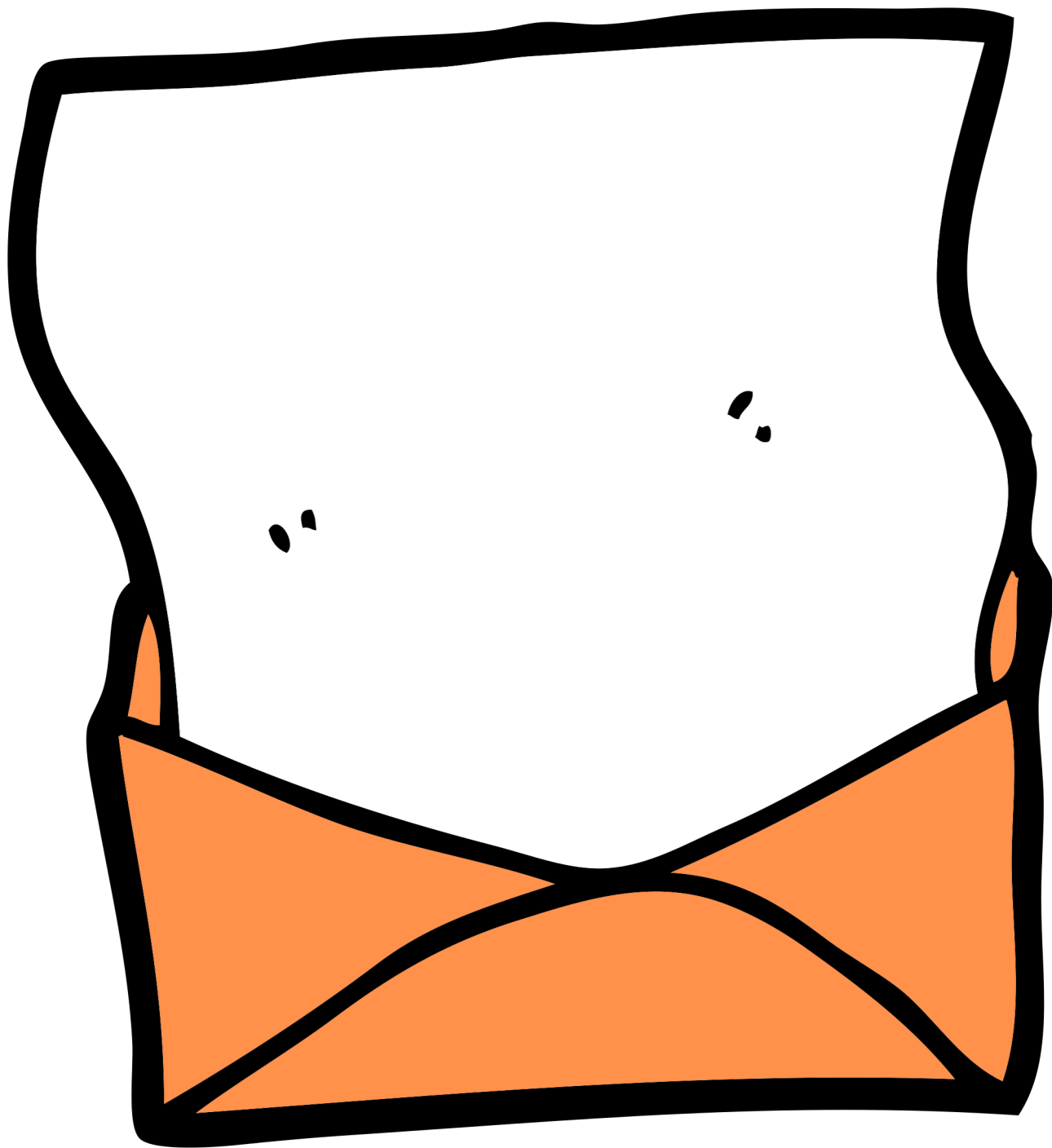
How would you describe YOU?

How would you describe the obsessions that pop up in your mind?

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Take a break from getting hooked on your obsessions. Write a letter to all those obsessions that show up in your mind.



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What are the three favorite things you learned this week?

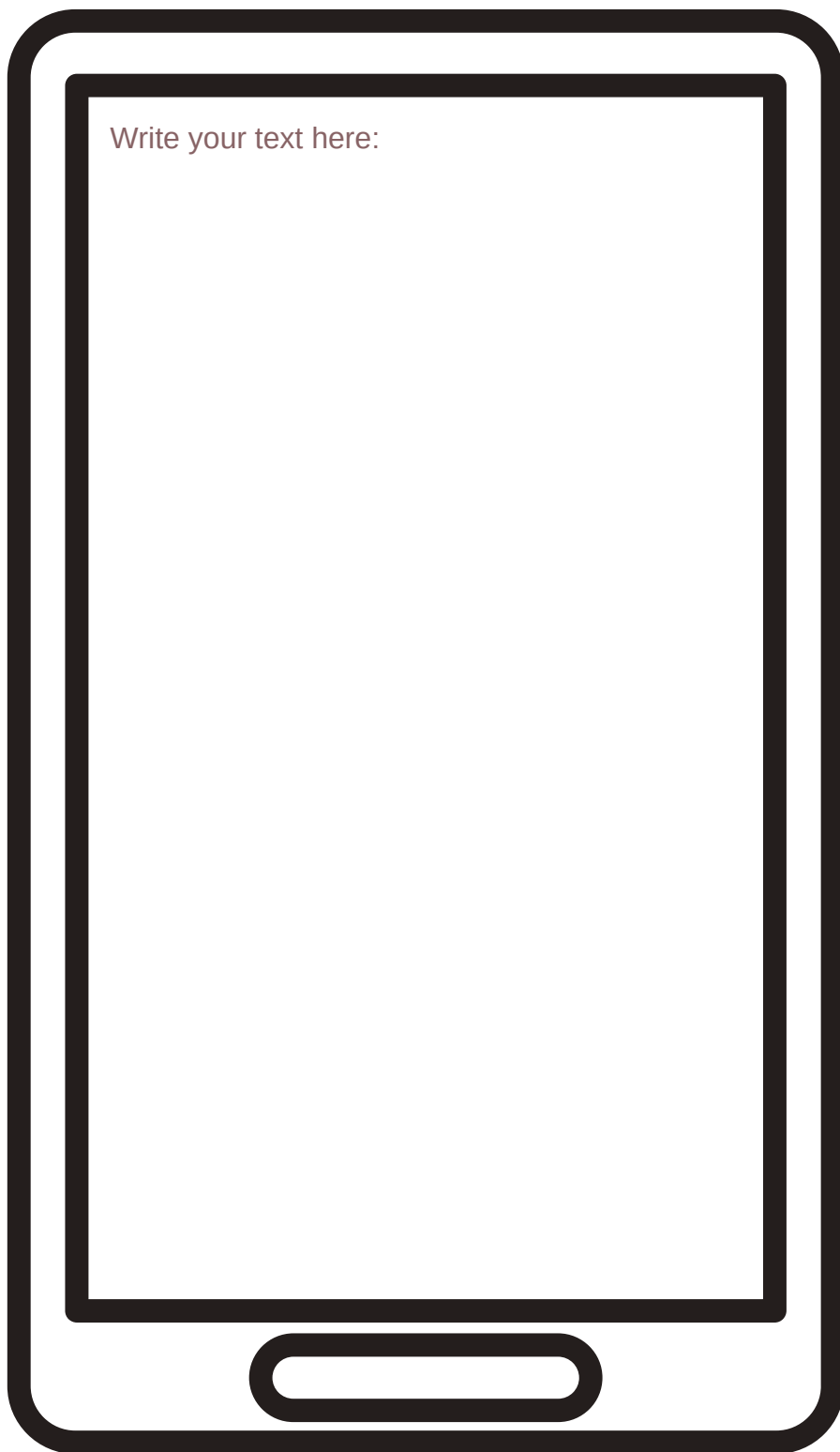
1.

2.

3.

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If you were to type a text to your obsessions, what would the text say?



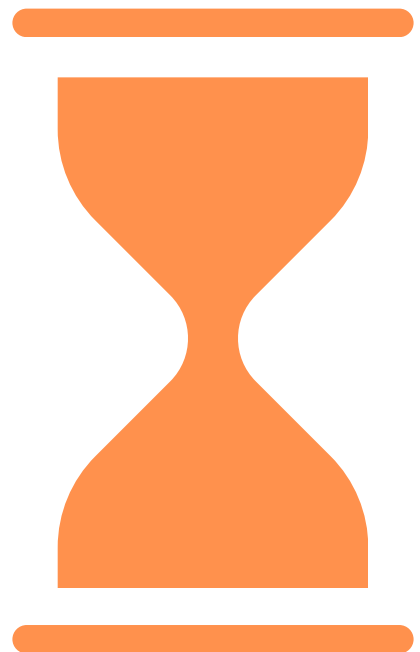
Write your text here:

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Set a timer for 2 minutes, close your eyes, take a moment to breathe and see what your mind comes up with. When the timer goes off, check all the ideas that pop up in your mind, see if you can find a theme among them and imagine writing an advertisement for a tv commercial. What would this TV commercial say:

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Imagine for a moment that you're driving the bus of your life, and you're doing all the things you care about, what are the obsessions-passengers, feelings-passengers, and sensations-passengers that will be sitting behind you?

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Values-guided exposure reflecting form

What's the stuff you care about that guided your exposure exercise today?

What values-guided exposure exercise did you end up doing?

Let's check how your fightonometer did!

How much did you fight the obsession and the annoying feelings that came along?

0 10

didn't fight fought a lot

Did you get closer or further away from the stuff you care about?

Away Towards

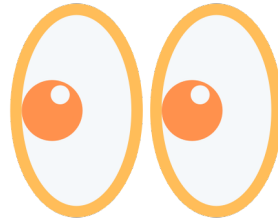
Did you do any public or private compulsive behavior or did you ask for re-assurance? If your answer is yes of those questions, describe what you did , and think about what unhooking skills you could have use in those tricky moments.

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Pause for a moment, look around and write down 5 things you see, 4 things you hear, 3 things you smell, 2 things you can touch. Lastly, move your tongue around inside your mouth and write down the flavor you notice.

5 things you can



4 things you can



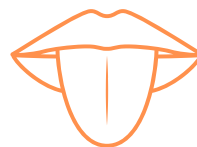
3 things you can



2 things you can



1 thing you can



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Jot down three things you can do this week that creates connection with others?

1.

2.

3.

After completing each one write how it went.

1.

2

3.

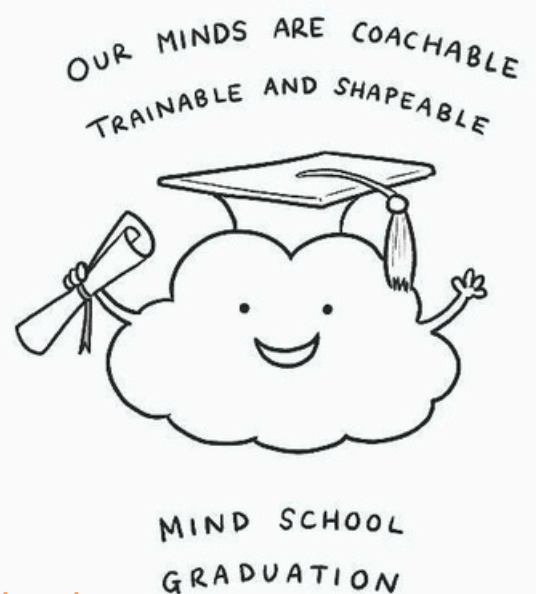
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Stand up, and imagine you are like a bowbor tree. Balance your body from the left to the right a couple of times. next back and forth. Jot down your reaction below.

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Stand up, press your feet firmly against the floor and raise both your arms up as if you're going to touch the sky. Stretch your body as high as you can for a couple of moments. How did it go? Write down below your reaction.



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Write a manifesto for handling your obsessions. A manifesto is a public declaration of what you want in your life and it can apply to everything. Jot down your manifesto about how you want to handle your obsessions.

1.

2.

3.

Time for me to say good bye!

Remember, you can CHOOSE how to respond to those pesky obsessions, fears, worries, and anxieties and LIVE YOUR LIFE!

Dr. Z.

