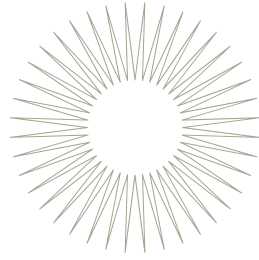


A GUIDED WORKBOOK



Treat My OCD



CLINICAL DIRECTOR



DR. ALI SCHILLING

Hello, I'm Dr. Iverson (Schilling), a clinical psychologist who created Treat My OCD to provide compassionate, effective support for those struggling with OCD and chronic anxiety. This program integrates evidence-based therapies like ERP and CBT with mind-body practices to help you heal from the inside out. You're not alone, and this program is here to guide you through your journey.





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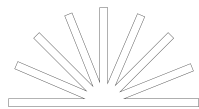
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INTRODUCTION

Welcome to the Treat My OCD program! We're honored you're taking this important step toward understanding and managing OCD in your life. This program is designed to offer you effective, evidence-based tools and support tailored to your unique journey.

At BrainBody Wellness Counseling, we specialize in integrated care that addresses the whole person - mind, body, and nervous system. Based in Scottsdale, Arizona, our team combines clinical expertise with compassionate, personalized treatment for OCD, anxiety, and related conditions. This workbook is your companion through the program, filled with exercises, reflections, and practical strategies to help you build lasting progress and greater peace.



WELCOME

WHY THIS WORKBOOK MATTERS



Think of this workbook as your personal guide in the Treat My OCD program. By filling out the exercises and notes, you gain clarity and insight into your OCD. It's a way to see your progress and stay focused.

Using the workbook regularly makes the program more effective and gives you tools to take control of your healing.



SECTION 1

UNDERSTANDING OCD

OCD, or Obsessive-Compulsive Disorder, involves unwanted thoughts that cause anxiety and lead to repeated behaviors meant to reduce that anxiety. It's more than just habits - it's a real condition that can affect daily life. This section will help you understand what OCD is and how it impacts you.

REFLECTION

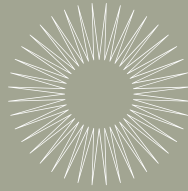
What intrusive thoughts or repetitive behaviors have you noticed in yourself?

Write your response here:

CHECKLIST: OCD VS ANXIETY

This checklist breaks down the symptoms of OCD and anxiety so you can identify which fits your experience best.

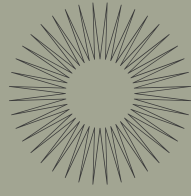
- ☐ Do your behaviors feel driven by the need to reduce fear or uncertainty?
- ☐ Are your thoughts repetitive, distressing, and hard to control?
- ☐ Are your thoughts ego-dystonic (they DON'T align with your values) or ego-systonic (they DO align with your values)?
- ☐ Are your behaviors ritualistic (you feel you have to do them to neutralize the thought) or are they sporadic based on your thoughts?



SECTION 2

HOW THE BRAIN AFFECTS OCD

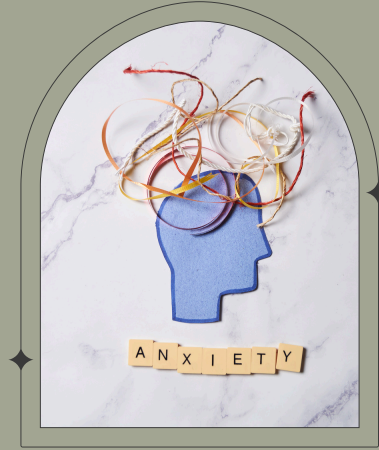
OCD isn't just about thoughts or behaviors - it's also connected to how the brain works. Research shows that certain areas of the brain involved in decision-making, fear, and habit formation can become overactive in people with OCD. These brain loops can make it harder to "let go" of intrusive thoughts or stop compulsive behaviors. In this section, you'll learn how the brain contributes to OCD and how understanding these patterns can help you feel more in control.



LABELING EXERCISE



Upstairs brain = Logic, Calm



Downstairs brain = Emotion, Fear

Think of a recent OCD moment. Which part was in charge?

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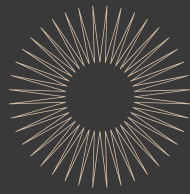
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SECTION 3

OCD CYCLE AWARENESS

Understanding the OCD cycle helps you take back control. We'll walk you through what happens in your brain and body during an OCD loop and how noticing the cycle gives you power to change it.



WRITE WHAT FEELS RIGHT

Map out your OCD cycle step-by-step to gain awareness and insight.

Trigger: What happened before your worry started?

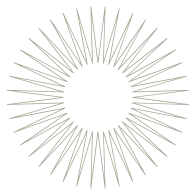
Obsession: What "What if..." thought keeps coming up?

Anxiety Level (1–10): How strong is your anxiety right now?

Compulsion or Avoidance: What did you do to feel better or avoid the fear?

Short-Term Relief? Did it help you feel better? Yes / No

Long-Term Effect: How does this cycle affect you over time?



SECTION 4

TREATMENT APPROACHES

In this section, we'll explore the main treatments that can help you manage OCD. You'll get to know proven therapies like Exposure and Response Prevention (ERP) and Cognitive Behavioral Therapy (CBT), which teach you how to face your fears and change unhelpful thoughts. We'll also introduce mind-body approaches that support your overall well-being. Learning about these options can give you hope and confidence as you take steps toward feeling better.



GET TO KNOW YOUR OCD TREATMENT OPTIONS

Take a moment to read through these common OCD treatments and what they aim to help with - each one supports healing in a different way.

ERP (Exposure and Response Prevention)

A therapy where you gradually face your fears without performing compulsions. This helps your brain learn that anxiety decreases naturally over time.

ACT (Acceptance and Commitment Therapy)

Focuses on accepting uncomfortable thoughts and feelings rather than fighting them, helping you build psychological flexibility to live a meaningful life.

I-CBT (Inference-Based Cognitive Behavioral Therapy)

Designed to help you understand and challenge how obsessional doubt forms, breaking the cycle of uncertainty and worry.

SSRIs (Selective Serotonin Reuptake Inhibitors)

Medications often used alongside therapy, especially in more severe cases, to help balance brain chemistry and reduce OCD symptoms.

MATCH TREATMENT TO DESCRIPTIONS

See if you can pair the treatments with the right descriptions.

A

ERP

ACT

I-CBT

SSRIs

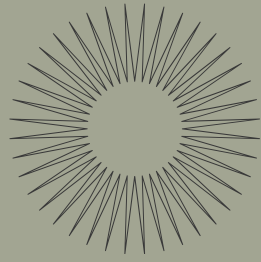
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Goal is psychological flexibility

Used in more severe cases when medication is necessary

Helps you understand how obsessional doubt is created

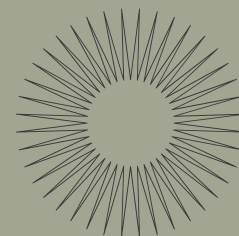
Practice fully allowing distress and not engaging in compulsions.
Goal is new learning.



SECTION 5

ACT-BASED SKILLS PRACTICE

This section will help you apply ACT skills in small, meaningful ways as you navigate OCD. You'll learn to notice intrusive thoughts, sit with anxiety without pushing it away, practice delaying compulsions, and take action based on your values - even when it's hard. There's no need to be perfect here. These exercises are about building awareness, courage, and flexibility- one step at a time.



4 SKILLS TO PRACTICE

When OCD Shows Up

NAME THE OCD VOICE

Write 2 examples of intrusive thoughts and label them.

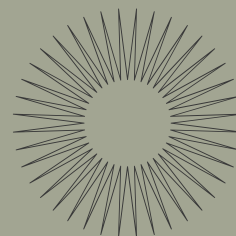
1

ALLOW THE ANXIETY

What does anxiety feel like in your body?

2

What would it mean to let it rise and fall?



4 SKILLS TO PRACTICE When OCD Shows Up

DELAY COMPULSIONS

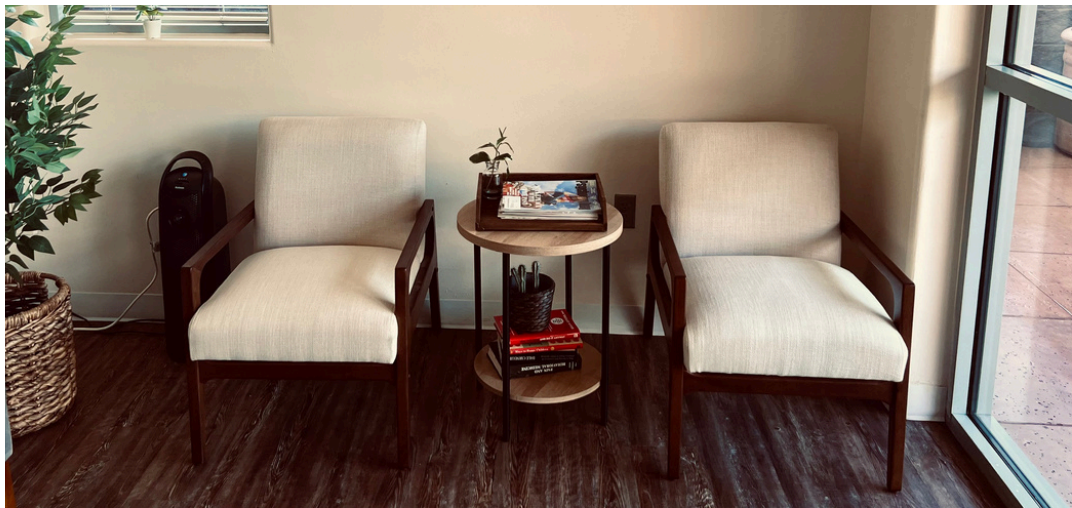
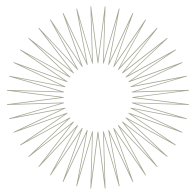
Choose one compulsion to delay today. How long did you wait?

3

VALUES OVER FEELINGS

What action can you take today that aligns with your values even if anxiety is present?

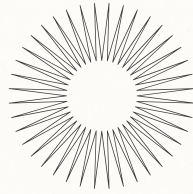
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SECTION 6

CHOOSING THE RIGHT THERAPIST

When starting OCD treatment, the relationship you build with your provider matters. Use this checklist as a tool to guide your conversations, so you can choose someone who's not just licensed - but someone trained in the approaches that actually help OCD improve. You're your own best advocate, and this section helps you lead with knowledge and clarity.



THERAPIST INTERVIEW GUIDE

Use this checklist to ask key questions that ensure your therapist is experienced and the right fit for your OCD treatment.

☐

Do they use ERP or I-CBT? Do they use other modalities as a primary treatment?

☐

Do they know Inhibitory Learning Theory?

☐

Do they address reassurance-seeking directly?

☐

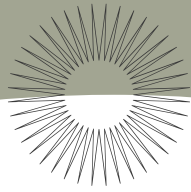
What percentage of their caseload is OCD?

☐

Do they regularly measure progress and adjust treatment plans accordingly?

☐

Are they comfortable working with mental compulsions and pure-O presentations?

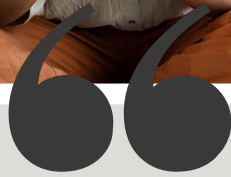
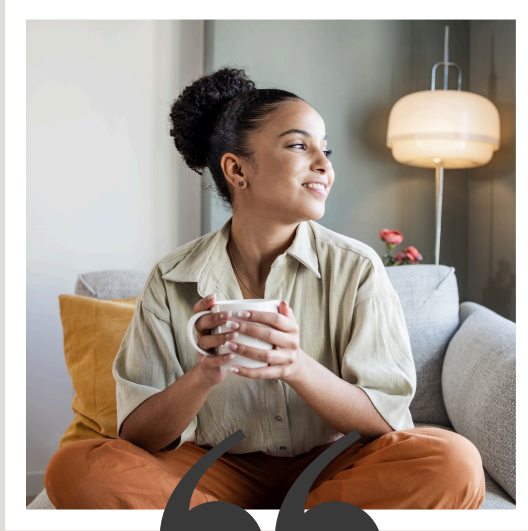
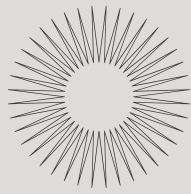


FINAL REFLECTION & RESOURCES

Take a moment to reflect on what you've learned and which skills feel most meaningful as you continue your journey.

WHAT SKILL DO YOU WANT TO PRACTICE MORE?

WHAT STOOD OUT TO YOU ABOUT HOW OCD WORKS?



“You are stronger than the
doubts in your mind.”

QUOTE SPOTLIGHT

WANT MORE SUPPORT?

Get personalized support for your OCD and anxiety needs.



Schedule a free treatment call with one of our OCD experts.
You can reach out to us through the following:

🌐 brainbodyocdcounseling.com

✉ info@brainbodywellnessaz.com

☎ 480-744-3040

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