

OCD Journal Prompts



13. What boundaries can I set to support my mental health when OCD feels overwhelming?

14. What do I wish others understood about living with OCD?

15. What makes me feel like myself, beyond the OCD?

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1. What thoughts have been the most intrusive lately, and how do they impact daily mental wellness?

2. Write about a time when you resisted a compulsion, even if it was difficult.

3. What are some healthy coping strategies I can use when I feel the urge to give in to the obsessive-compulsive disorder?

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4. What cognitive distortions show up in my thinking patterns, and how can I challenge them?

5. What would my future self want me to know when I'm feeling overwhelmed by obsessions or compulsions?

6. How does it feel to write my intrusive thoughts in a guided journal instead of acting on them?

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7. What specific situations tend to trigger my OCD symptoms, and what do they have in common?

8. How can I separate who I am as a person from the thoughts that OCD brings up?

9. What emotions usually follow my compulsions—relief, guilt, anxiety, or something else?

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10. When do I feel most safe and grounded, even if OCD is present?

11. What does progress look like for me, even if it's slow or imperfect?

12. How do I typically speak to myself during a difficult OCD moment, and how can I be more kind?