

# Weekly Goals Tracker OCD Worksheet

## Weekly Goals Tracker OCD Worksheet

Name: \_\_\_\_\_

Instructions: List your weekly goals and tasks in the left column. Rate your obsession (O) and compulsion (C) levels related to each goal/task on a scale of 0-10, where 0 is no obsession/compulsion, and 10 is extremely high obsession/compulsion. Record any specific obsessions or compulsions related to each goal/task. Review your progress at the end of the week and reflect on ways to manage your OCD symptoms.

Week #: \_\_\_\_\_

### Goals/Tasks

O (Obsession): \_\_\_\_\_ C (Compulsion): \_\_\_\_\_

### Specific Obsessions/Compulsions

## REFLECTION

Did you notice any patterns in your obsessions or compulsions this week?

What strategies helped you manage your OCD symptoms?

Are there any changes you want to make to your goals/tasks for the upcoming week?

### Additional notes