

Power Up Your OCD Recovery!

Briefly jot down an overview of a situation where you've been self-critical:

Now, take a few moments to put the three elements of self-compassion about this situation into your own words. We've given basic examples of each of the three in quotes.

1. Mindful awareness of feelings: "I'm feeling frustrated because my OCD is bothering me again."

2. Common humanity: "I bet other people in recovery from OCD get frustrated, too."

3. Self-kindness:
 - a. Notice what's right: "My OCD is bothering me a lot less than it used to."

 - b. Give yourself permission: "I'm allowing myself to have an imperfect (and realistic!) recovery."

 - c. Do something kind and helpful: "I'm going to use what I learned in Power Up Your OCD Recovery! to remind my OCD who's in charge, and then [do something enjoyable]."

Put it all together to create your self-compassion statement. You can shorten it up, too, so it's easy to remember: "I'm feeling frustrated, just like many people in recovery from OCD. But I'm going to use my new tools, remind my OCD who's in charge, and get back to enjoying my life!"