



Autistic and **OK**

Understanding and
managing OCD
worksheets

Worksheet A

What is OCD?

Individual worksheet

Create an OCD 'Mind Map' to find out what you already know. Draw arrows and write down what you already know about OCD.



Worksheet B

OCD myth busting

Tick either 'true' or 'false' in the box next to each statement on the sheet.

Everyone can be a little bit OCD at times

TRUE	<input type="checkbox"/>
FALSE	<input type="checkbox"/>

OCD has strong links with other mental health issues such as anxiety

TRUE	<input type="checkbox"/>
FALSE	<input type="checkbox"/>

It's common for autistic people to be underdiagnosed with OCD

TRUE	<input type="checkbox"/>
FALSE	<input type="checkbox"/>

People with OCD have really tidy homes and clean hands

TRUE	<input type="checkbox"/>
FALSE	<input type="checkbox"/>

Autistic people are more likely to have OCD

TRUE	<input type="checkbox"/>
FALSE	<input type="checkbox"/>

Stimming/intense interests and OCD-related compulsive behaviours are the same thing

TRUE	<input type="checkbox"/>
FALSE	<input type="checkbox"/>

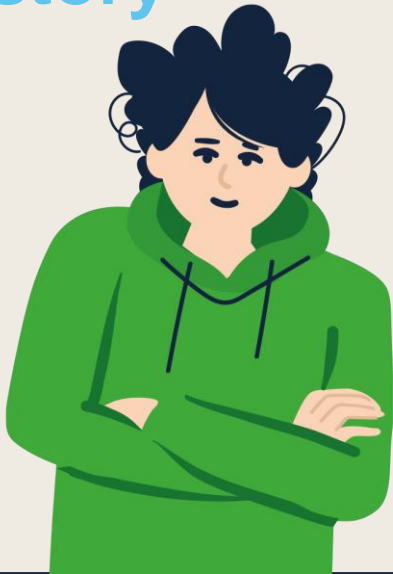
People with OCD can and should stop their obsessions/intrusive thoughts

TRUE	<input type="checkbox"/>
FALSE	<input type="checkbox"/>

Worksheet C

OCD personal stories

Individual worksheet

Harvey's
story

At school, as part of my OCD I developed a compulsion to say 'sorry' a certain number of times. I thought that if I didn't do this, then something terrible would happen to my family.

This caused negative and confused reactions among my school friends and made me feel really socially isolated.

I was able to overcome this challenge related to my OCD by gradually exposing myself to my fear, i.e. saying 'sorry' one less time than normal, which helped me realise nothing bad was going to happen.

Worksheet C

OCD personal stories

Individual worksheet

Lotte's
story

My OCD has made me question every thought and feeling I have to make sure it is correct. I am constantly worrying if I am thinking the right thing. My thoughts sometimes make me feel like I am a bad person, and I have to seek reassurance from others that I am not.

Sometimes if things are not in order or tidy in my bedroom, I have to fix them or else my brain will tell me something bad will happen.

I manage my OCD thoughts by calling them Bertie. When these thoughts come into my mind, it helps me to understand that the thoughts are not me as a person and it's just Bertie not being kind to me.

Worksheet C

OCD personal stories

Individual worksheet

Moony's
story

I was diagnosed with OCD around the same time I got my autism diagnosis. I have always struggled with the symptoms that come with my OCD but never had an explanation for them. One of my biggest struggles are the stereotypes around OCD, the biggest one being that everyone with OCD wants everything to be clean all the time. This can be one way that OCD presents in some people but not in everyone.

One of the ways my OCD affects me is that I need everything to be done in either threes or fives, and I will become extremely distressed if that can't happen, because my brain convinces me that something bad will happen if it doesn't. For example, if I'm getting on a train, I have to get on at the third or fifth door.

Some of the ways I'm able to manage my OCD include listening to music or having someone with me when I go out. It's a lot easier for me to resist compulsions when I have something or someone to keep me grounded. I also carry around a comfort item with me everywhere I go, which I highly recommend.

Worksheet D

OCD personal stories

Individual worksheet

Read each personal story, then write down your answers to each of these questions:



What helps them cope?

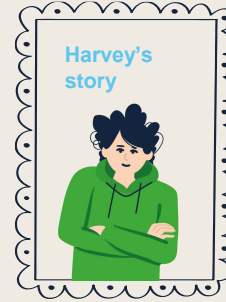
What is your top takeaway or learning from their story?

Worksheet D

OCD personal stories

Individual worksheet

Read each personal story, then write down your answers to each of these questions:



What are the main signs/symptoms of their OCD experience?

What do they find most challenging?
