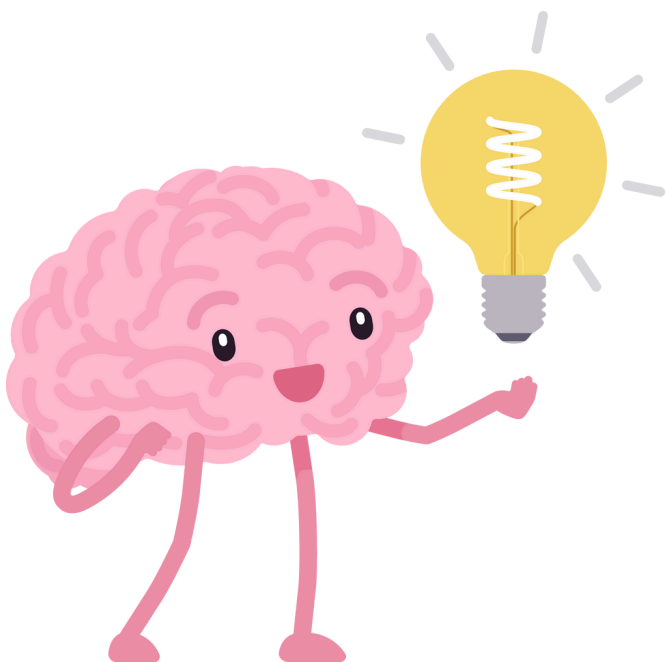




OBSESSIONS AND COMPULSIONS

WHAT ARE THEY AND WHAT CAN WE DO ABOUT THEM?



A self-help workbook for parent and child to provide preventative intervention for early experiences of obsessions and compulsions.



OBSSESSIONS AND COMPULSIONS

What do we mean by obsessions?

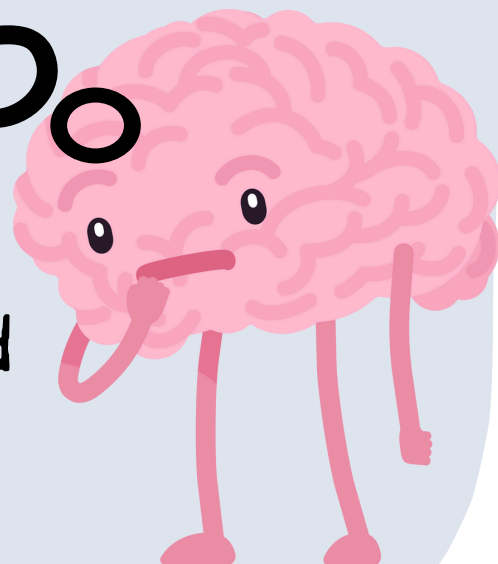
"Sometimes, our brains get stuck on a worry or a thought that keeps coming back again and again — like a song stuck on repeat. That's called an obsession."

'What if I get sick?'

'What if my parents are upset
with me?'

'What if something bad
happens to someone in my
family?'

These thoughts can feel really
big and scary, even if nothing bad
is happening.





OBSESSIONS AND COMPULSIONS

What do we mean by obsessions?

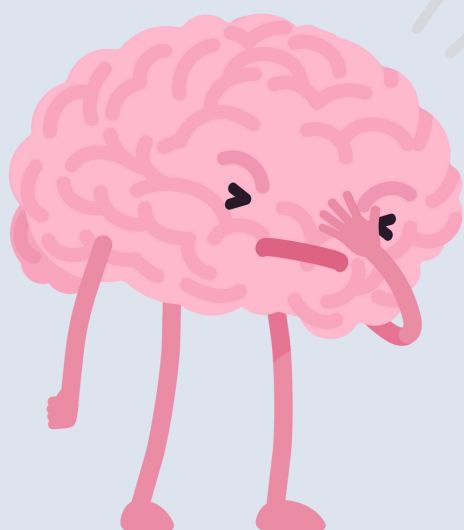
“Imagine your brain is like a radio.”

Most of the time, you can switch the station to a fun one — music, games, stories.

But sometimes, one worry gets stuck and plays over and over, like a broken record.

That worry-song might say, ‘What if something bad happens?’ again and again.

Even when you try to change the channel, the worry comes back. That’s what we call an obsession.



Has your brain ever
got stuck on a
thought like that?



OBSESSIONS AND COMPULSIONS

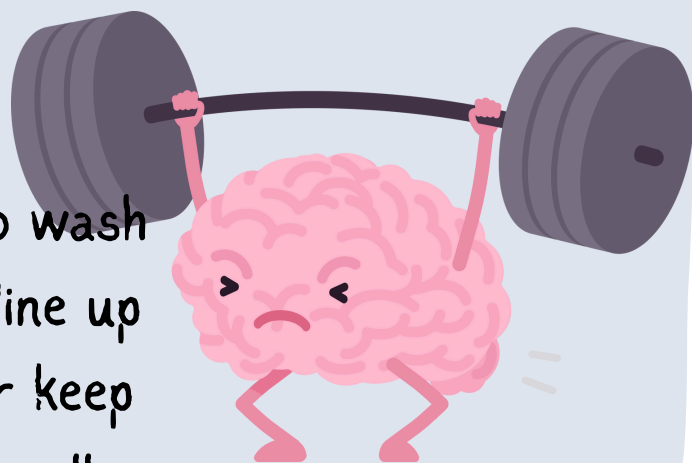
And what do we mean by compulsions?

Sometimes, when a worry thought (an obsession) gets stuck in your brain, it makes you feel uncomfortable or scared. A compulsion is something you feel like you have to do to make the worry go away — even if it only helps for a little while.

This is a worry rule.

A rule we do to make the worry go away.

You might feel like you have to wash your hands over and over, or line up your toys in a certain way, or keep asking the same question — all because the worry is bothering you.





OBSESSIONS AND COMPULSIONS

And what do we mean by compulsions?

"Imagine your brain is like a snow globe."
When a worry shakes it up, all the snow swirls
around and makes it hard to see.
Doing a worry rule (like washing or checking)
feels like it settles the snow...

"If I do this thing
just right, the bad
feeling will go away."





OBSESSIONS AND COMPULSIONS

Learning Check In!

What have you learnt so far?





OBSESSIONS AND COMPULSIONS

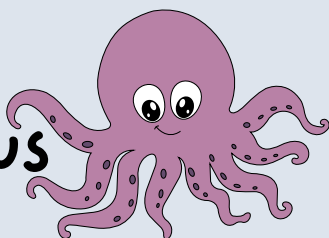
Lets create our worry_friend

To help us , we are are going to create a character
(our worry friend).

Our worry friend is the voice in our head that makes
us worry and tells us to do a worry rule.

For example:

OLLIE THE OCTOPUS



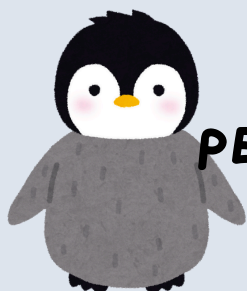
NERVOUS NIA



MR/MRS. WORRY



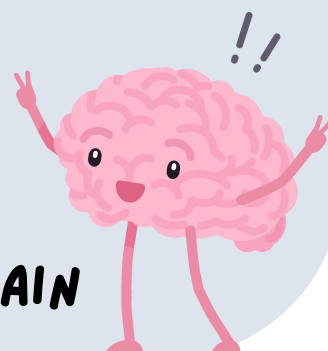
PERFECT PENNY THE PENGUIN



REWIND REX



BRIAN THE BRAIN



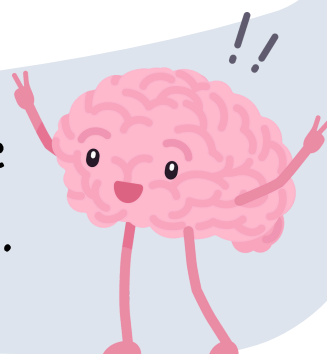


OBSESSIONS AND COMPULSIONS

Lets create our worry_friend

You can use one of the examples or create your own.
You can create a friend that is related to your worry or
worry rule, or draw how your worry feels.

As we go through the workbook, I will be
using Brian the Brain as my worry friend.





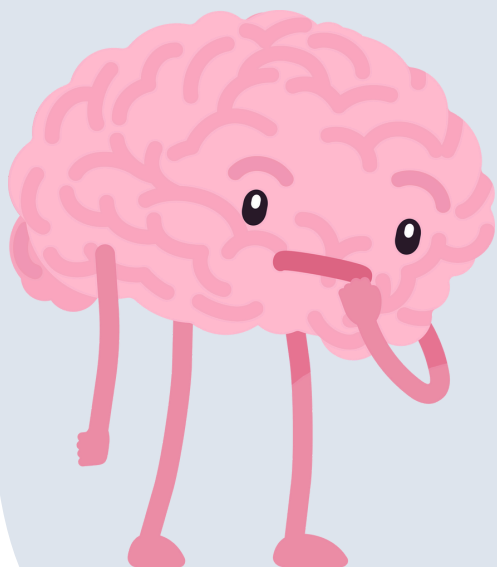
OBSESSIONS AND COMPULSIONS

Lets learn about you and your worry friend

Remember - worrlys are thoughts that get stuck in your head and can feel scary.

Brian the Brain says things like:

What if I get sick?



Sometimes worrlys come in the form of a feeling (like anxiety or dread) rather than an clear thought, but it can help to identify what that feeling feels like. For example: 'something bad is going to happen'.



OBSESSIONS AND COMPULSIONS

Lets learn about you and your worry_friend

What does your worry friend say?

Draw or write your worry friends name in the box and write their worry thought or thoughts.





OBSESSIONS AND COMPULSIONS

Lets learn about you and your worry friend

Remember - worry rules are the things we do to make the worry go away.

To make Brian the Brain feel better, I:

Wash my hands again, even though I have already washed them!

Clean the door handles.

Stay away rom people that don't wash their hands.

Don't eat certain foods.





OBSESSIONS AND COMPULSIONS

Lets learn about you and your worry_friend

What are your worry friends worry rules?

A large, light blue, rounded rectangular area that serves as a background for the writing space. Inside this area is a large, white, rounded rectangular space for writing. In the bottom right corner of the white space, there is a smaller, white, rounded rectangular box, likely intended for a signature or name.



OBSESSIONS AND COMPULSIONS

Learning Check In!

What is something new you have learnt about
your worry friend?





OBSESSIONS AND COMPULSIONS

It's great that we now know our worry friend very well, and we know when our worry friend is talking to us.

I know that Brian the Brain is talking to me when I start to feel anxious about getting sick, even when I have no evidence to show me that I am getting sick. I know that Brian the Brain is talking to me because the only way I can make the worry go away is by washing my hands... again.



OBSESSIONS AND COMPULSIONS

But no matter how many times I wash my hands and feel better, Brian the Brain always comes back and I start to feel worried again.

Sometimes, I wash my hands 20 times a day, and no matter how many times I wash my hands, Brian the Brain makes me worry that I will get sick again.

I get stuck in a worry cycle!



OBSESSIONS AND COMPULSIONS

The Worry Cycle

Obsession

Worry
Anxiety
Stuck thought

Compulsion

Activity
Ritual
Action

Feeling of:

Relief
Safety



OBSESSIONS AND COMPULSIONS

Brian the Brains Worry Cycle

Worry Thought
I will get sick

Worry Rule
Washing hands

I feel safe





OBSESSIONS AND COMPULSIONS

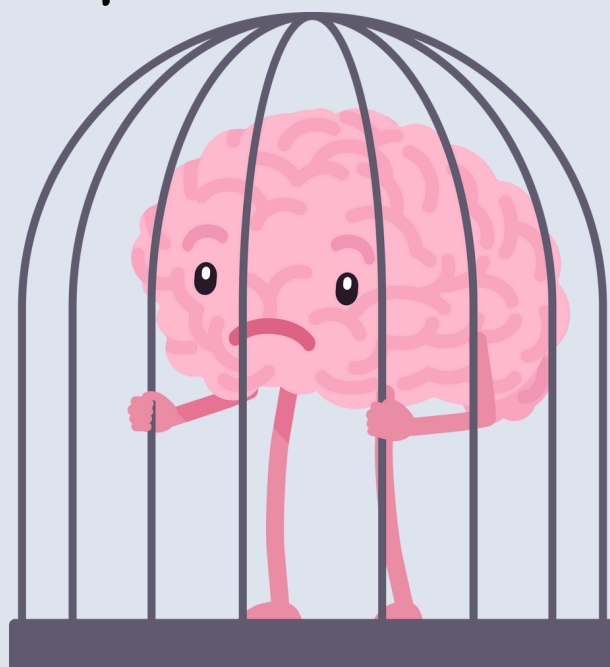
Whats Your Worry Cycle?





OBSESSIONS AND COMPULSIONS

After a while, I can start to feel really stuck because I only feel better for a short period of time.



The good thing is, we can get ourselves unstuck!





OBSESSIONS AND COMPULSIONS

Learning Check In!

What do you now know about the Worry Cycle?

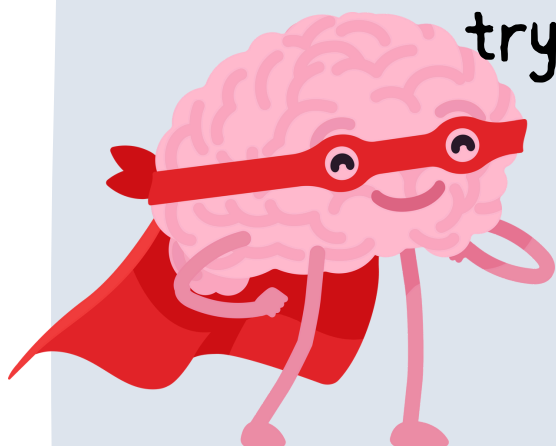




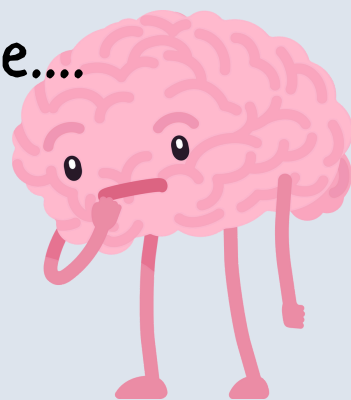
OBSESSIONS AND COMPULSIONS

So what's happened?

Brian the brain (and your worry friend) is trying to keep us safe.



But unfortunately, Brian the Brain (and your worry friend) have made a mistake....



Brian the Brain (and your worry friend) have linked two things together... that aren't linked.

Not getting sick \longleftrightarrow Washing hands 20 times



OBSESSIONS AND COMPULSIONS

Mistake links

Family member
getting hurt



Tapping the table
6 times

Causing harm to
someone



Putting toys in a
certain order

Someone breaking
into the house



Re-checking that
the door is locked

Something bad is
going to happen



Doing a ritual
before bed

Family member
being upset with me



Asking for
reassurance



OBSESSIONS AND COMPULSIONS

Mistake links

Its ok!

We all make mistakes
and our worry friend is trying to keep us safe

Whats your worry friends mistake link?





OBSESSIONS AND COMPULSIONS

Mistake links

It's important to know that even though
it may feel that doing the worry rule will
change how likely it is that the scary
thing will happen
It won't.

The two things are not linked.

Which may feel scary at first, but after
a while, knowing this will get you
unstuck!



OBSESSIONS AND COMPULSIONS

Learning Check In!

What have you learnt about Mistake Links?





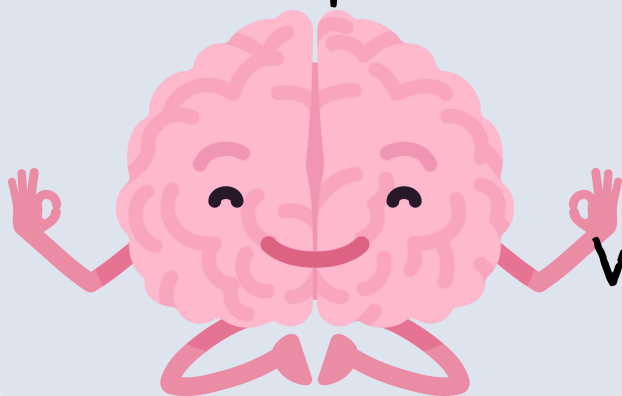
OBSESSIONS AND COMPULSIONS

Let's show our worry friend that
they are safe

We need to show our worry friend, and ourselves, that they and we are safe.

We do not need to do worry rule in order to stop bad things from happening.

How do we do that?



We have to do something that may feel a little scary at first...

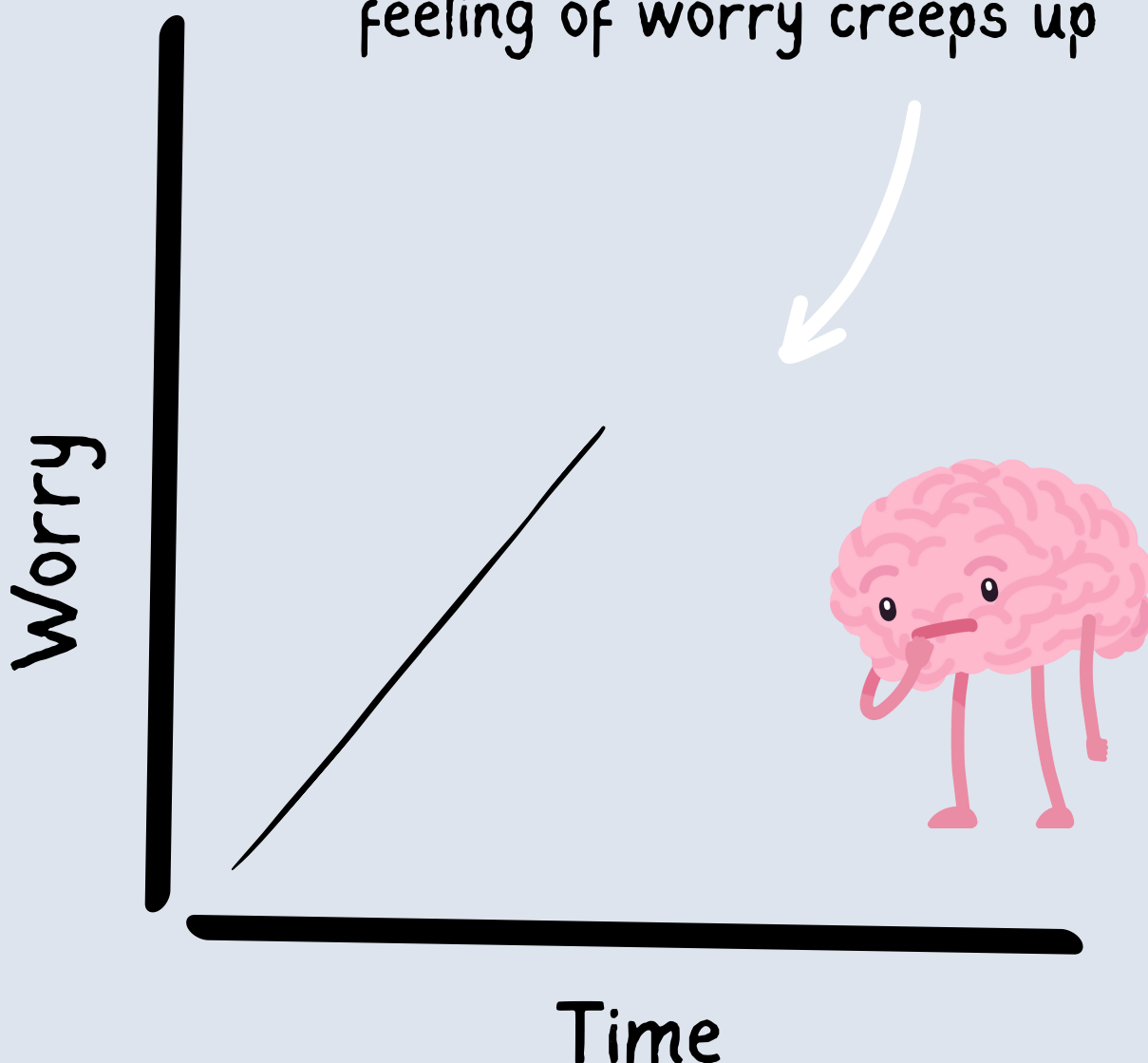
But it will teach our worry friend that they have made a mistake and that the worry rule is not going to affect the thing that is worrying them.



OBSESSIONS AND COMPULSIONS

How we get unstuck

As our worry friend starts to say
tell us their worry thought, our
feeling of worry creeps up



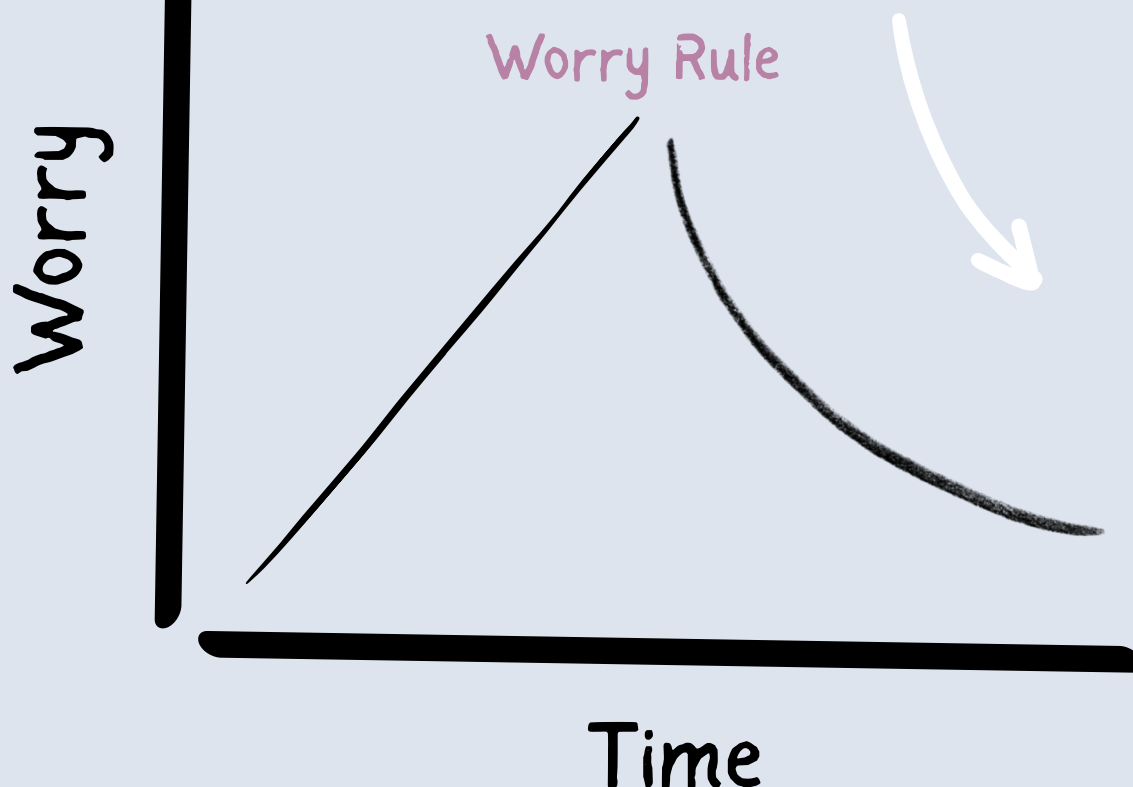


OBSESSIONS AND COMPULSIONS

How we get unstuck



Our worry friend tell us to do our worry rule. we do it. and our worry goes away



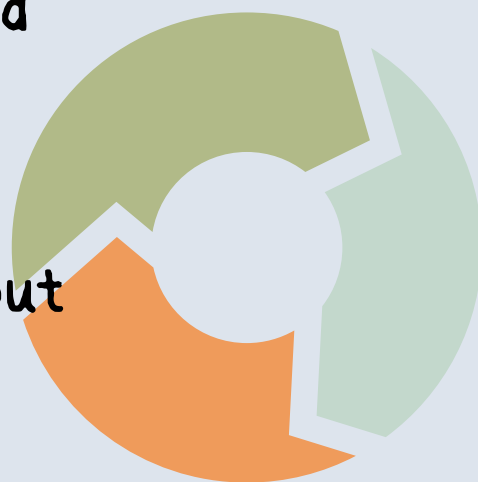


OBSESSIONS AND COMPULSIONS

How we get unstuck

But as we know... before long,
our worry friend gets worried
again and we have to do the
worry rule again.

This is the cycle we learnt about
earlier.



Worry

Worry Rule
Worry Thought

Worry Rule
Worry Thought

Time



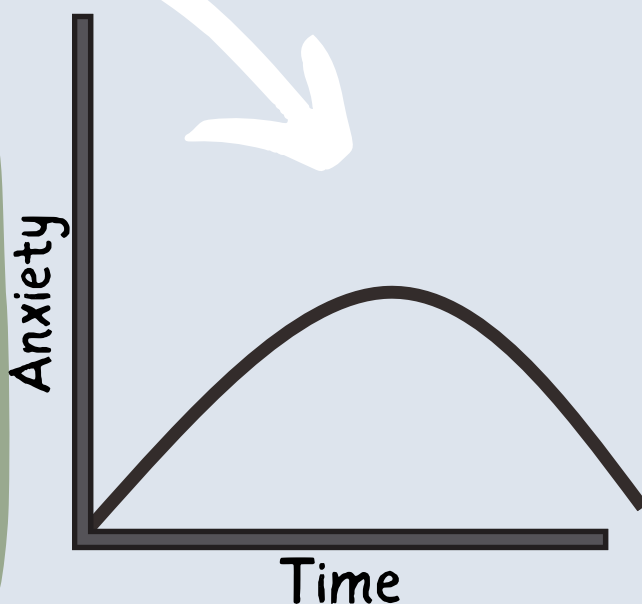
OBSESSIONS AND COMPULSIONS

How we get unstuck

What we are going to learn will help us and help our worry friend.

What our worry friend doesn't know, is that the worry will go away even if we do not do the worry rule.

Anxiety can only last in the body for 90 seconds, before we will naturally calm down





OBSESSIONS AND COMPULSIONS

How we get unstuck

So what we need to do is...

give ourselves time

We need to give our worry friend enough time to calm down naturally, without doing the worry rule and learn that:

- 1) we will naturally calm down
- 2) the bad thing isn't going to happen





OBSESSIONS AND COMPULSIONS

Learning Check In!

What have you learnt about worry?





OBSESSIONS AND COMPULSIONS

How we get unstuck

How do we start?

We start small

We are going to give ourselves time between when our worry friend is telling us to do the worry rule and when we do it.

We say to them:

'Thanks for looking out for me. I am going to do _____ in ____ minutes.'



OBSESSIONS AND COMPULSIONS

How we get unstuck

Brian the Brain is telling me that I need to wash my hands again otherwise I am going to get sick.

I know that Brian the Brain really wants me to wash my hands and I am feeling worried.

I am going to tell Brian the Brain:
'Hey Brian the Brain, thanks for looking out for me. I am going to wash my hands in 2 minutes.'

After 2 minutes, I wash my hands.



OBSESSIONS AND COMPULSIONS

How we get unstuck

I notice that after 2 minutes. I feel calmer than I did. But I would still feel better if I washed my hands.

That's ok!

I feel proud of myself for waiting 2 minutes. because I didn't think that I could do that.

I am feeling more confident.

I also realised that in that two minutes. I didn't get sick... that's interesting... Brian the Brain thought that I would get sick if I didn't wash my hands when he told me to!





OBSSESSIONS AND COMPULSIONS

How we get unstuck

I feel more confident.

I am going to keep waiting 2 minutes before I wash my hands again for the rest of the week.

Next week, I might try 3 minutes.

And the week after that, I might try 4 minutes.

The week after that, I might try 5!

I will keep increasing my time slowly but surely!





OBSESSIONS AND COMPULSIONS

How we get unstuck

5 weeks later....

Hello!!

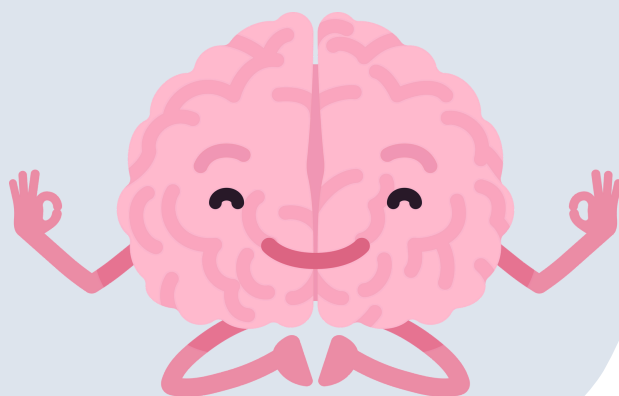
Its been 5 weeks now that me and Brian the Brain have been giving ourselves time.

I haven't gotten sick yet.

This week I set my timer for 6 minutes, but by the time 6 minute was over I forgot that I even wanted to wash my hands!

I didn't even up washing my hands... and I didn't get sick.

Brian the Brain is quieter and quieter and I can feel that we both feel much safer.





OBSESSIONS AND COMPULSIONS

Learning Check In!

How do you feel about giving yourself
time?





OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

For the first week, let's record how many times we notice that our worry friend is talking to us.

Draw or name your worry friend again!



On the next page, there is a table.

For 5 days of this week, I want you to record every time that you notice your worry friend is talking to you (you can use stickers or a tally chart).

We already know how to tell when our worry friend is talking to you.

We have a worry thought that can feel stuck and we feel like we need to do a worry rule in order to stop the bad thing from happening.



OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Day

How many times we notice that our
worry friend is talking to us



OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Well done!! Now you and your worry friend are best friends!! You know them so well.

Now that you have spent some time getting to know them, how do you feel about them?

For the second week, we are going to start adding time.

Choose an amount of time that feels comfortable for you to wait before doing the worry rule.

When your worry friend is telling you to do the worry rule, I want you to say to them:

'Hi _____! Thank you for looking out for me. I am going to do that in ____ minutes!'



OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

I want you to choose your goal for the week:

A goal can be:

I want to wait 1 minute before my worry rule
one time a day for a week.

I want to wait 1 minute before my worry rule
every time!

I want to wait 2 minutes before my worry rule
3 times a day for a week.

Whats your goal? And let your worry friend
know!!



OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Give yourself a sticker every time you complete your goal!

(Remember to take a couple of days rest. you are being so brave and rest is important!)

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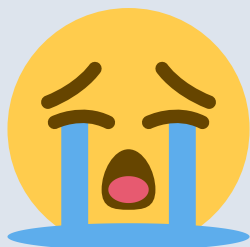
OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Well done!!

You have done the first week!

How was it?



What went well?

What was hard?



OBSESSIONS AND COMPULSIONS

Learning Check In!

What have you learnt this week?





OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Now lets go onto the second week!

Whats your goal for this week?

It can be the same or different!

Week 2 goal:

Its important to reward ourselves for being so brave.
Perhaps you can have a treat at the end of the second
week if you complete your goal or if you get a certain
number of stickers!



OBSSESSIONS AND COMPULSIONS

Lets practice ourselves!

Week 2

Record (with stickers or a tally) every time you completed your goal!

Remember to take 2 days of rest, you deserve it!

☐☐☐☐☐



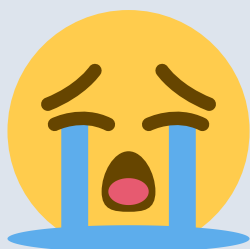
OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Well done!!

You have done the second week!

How was it?



What went well?

What was hard?



OBSESSIONS AND COMPULSIONS

Learning Check In!

What have you learnt this week?





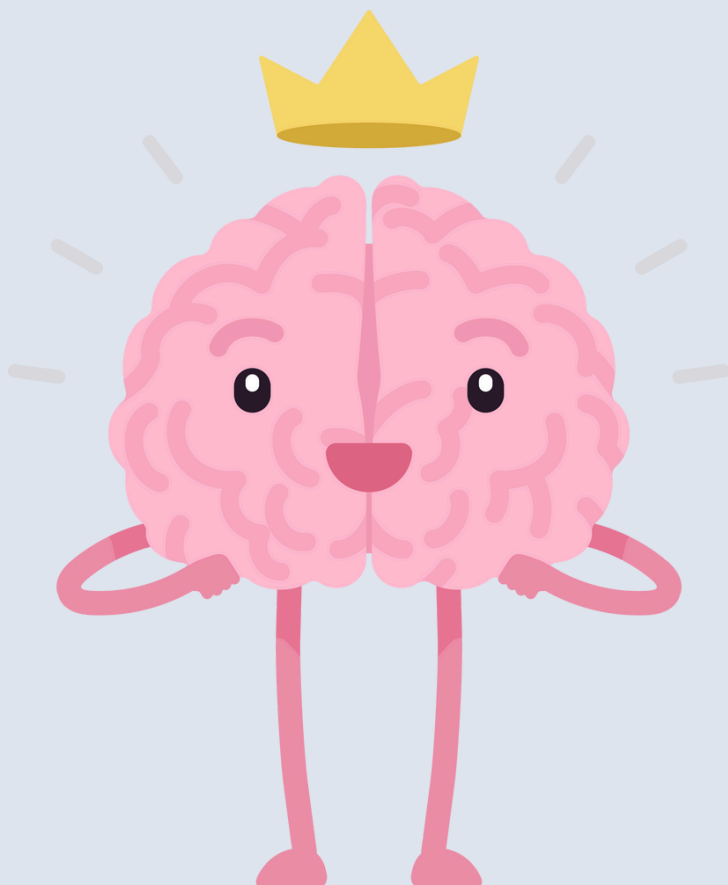
OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

You are an expert now!

Use the following pages to keep going!
Remember to rest (maybe you take a whole
week of after week 3 or 4).

Remember to keep rewarding yourself for
completing your goals!





OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Week __

Goal:

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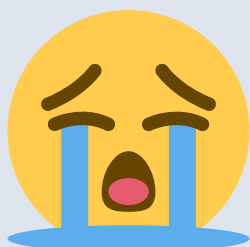
OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Well done!!

You have done another week!

How was it?



What went well?

What was hard?



OBSESSIONS AND COMPULSIONS

Learning Check In!

What have you learnt this week?





OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Week __

Goal:

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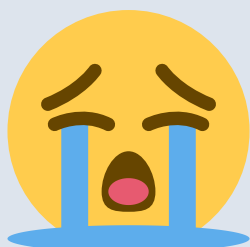
OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Well done!!

You have done another week!

How was it?



What went well?

What was hard?



OBSESSIONS AND COMPULSIONS

Learning Check In!

What have you learnt this week?





OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Week __

Goal:

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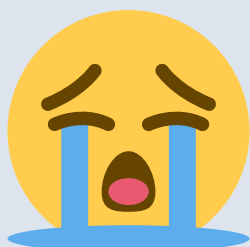
OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Well done!!

You have done another week!

How was it?



What went well?

What was hard?



OBSESSIONS AND COMPULSIONS

Learning Check In!

What have you learnt this week?





OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Week __

Goal:

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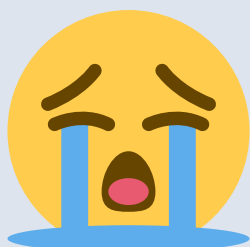
OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Well done!!

You have done another week!

How was it?



What went well?

What was hard?



OBSESSIONS AND COMPULSIONS

Learning Check In!

What have you learnt this week?





OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Week __

Goal:

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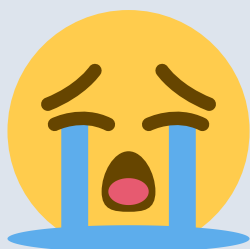
OBSESSIONS AND COMPULSIONS

Lets practice ourselves!

Well done!!

You have done another week!

How was it?



What went well?

What was hard?



OBSESSIONS AND COMPULSIONS

Well done!!!

Well done for being so brave!!

What have you learnt?

What has changed?



OBSESSIONS AND COMPULSIONS

Well done!!!

You are an expert now!
You have completed the workbook!

If you need to carry on, you know what to do!

It's ok to need help!
If you need professional support, just ask!





OBSESSIONS AND COMPULSIONS

Parent Support Guide

Thank you for choosing this workbook. I hope it helps. The workbook is relatively simple to follow but I have put some support pointers below:

- Read through the workbook and learn about obsessions and compulsions before you go through the workbook with your child.
- Use consistent language throughout the workbook (e.g. identifying when your child is doing their worry rule and ask 'is this a worry rule?').
- Reference your child's 'worry friend' as much as you can to externalise their obsessions and compulsions (e.g. it sounds like Brian the Brain is talking to you!' or 'do you think this is Brian the Brain talking to you?')



OBSESSIONS AND COMPULSIONS

- Make it fun – feel free to create your own daily charts or sticky charts to keep your child excited and consistent.
- Reward your child – make it clear that if your child completes an agreed goal, they get a reward that is viable for you. Rewards are fundamental to keep your child motivated and engaged.
- Take the workbook at your own pace – you can go through a page a day with your child if that suits your child.
- Personalise the stories and language to make it more relatable to your child's specific obsessions and compulsions – you can use Chat GBT to make a story with a character related to your child's specific experience to make it more relatable.
- If you need professional support to help impliment the intervention or go through the workbook with your child email:

lucy@childrensemotionalwellbeingcoaching.com



OBSESSIONS AND COMPULSIONS

Lucy Sawyer

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