OCD Tokophobia Worksheet: Integrating Inference-Based CBT (I-CBT), Exposure and Response Prevention (ERP), and Acceptance and Commitment Therapy (ACT)

Welcome to Your Worksheet
This worksheet is designed for individuals experiencing Obsessive-Compulsive Disorder (OCD) centered on tokophobia (intense fear of pregnancy, childbirth, or related bodily changes). It draws from three evidence-based approaches:

- **Inference-Based CBT (I-CBT)**: Helps you examine and detach from unhelpful "inferences" (doubts or worst-case scenarios) that fuel obsessions, without relying solely on evidence.
- **Exposure and Response Prevention (ERP)**: Builds tolerance to anxiety triggers by facing fears gradually while preventing compulsive responses (e.g., avoidance, reassurance-seeking).
- **Acceptance and Commitment Therapy (ACT)**: Encourages accepting uncomfortable thoughts/feelings, defusing from them, and aligning actions with your values.

Instructions:
- Work through sections in order, spending 10-20 minutes per day.
- Use a journal for deeper reflections. Consult a therapist for personalized guidance.
- Track your progress weekly. Rate anxiety (0-10) before/after exercises.

Date Started: _____
Your Name: _____

Section 1: Understanding Your OCD Pattern (Education & Self-Assessment)

Tokophobia OCD often involves obsessions like "What if I get pregnant accidentally?" or "Childbirth will destroy my body," leading to compulsions like avoidance of intimacy, excessive checking, or rumination.

Exercise 1.1: Identify Your Cycle

Fill in the table below with a recent example.

Obsession (Intrusive Thought)	Anxiety Trigger	Compulsion (What You Do to Cope)	Short-Term Relief?	Long-Term Effect?
Example: "Sex will lead to unwanted pregnancy and I can't handle it."	Thinking about unprotected sex	Avoid unprotected sex; ruminate in my head, hate on myself	Yes, temporarily	Increases fear, isolates me

Reflection Prompt (ACT-Inspired): What value (e.g., connection, health) does avoiding this fear protect? What small action could align with that value despite the fear?

_____

_____

Section 2: I-CBT – Detaching from Doubtful Inferences

In I-CBT, we trace how a neutral event (e.g., a bodily sensation) sparks a "doubtful inference" (e.g., "This means pregnancy is inevitable"). The goal: See the inference as a mental story, not reality.

Exercise 2.1: Inference Mapping

1. Describe the **Real Event** (what actually happened).

_____

_____

_____

2. Identify the **Doubtful Inference** (the scary "what if" story your mind creates).

_____

_____

_____

3. Rate belief in the inference (0-100%): _____% Before | _____% After Reading Below

I-CBT Questions to Challenge:
- What neutral, everyday reason could explain the real event (e.g., bloating from food, not pregnancy)?

_____

_____

_____

- If a trusted friend had this same inference, what would you say to help them see it as just a passing doubt?

_____

_____

_____

- Imagine "watching" this inference like a movie—how does stepping back change its power?

_____

_____

Homework: Repeat for 3 daily triggers. Note shifts in belief %.

Section 3: ERP – Facing Fears Without Compulsions

ERP involves creating a hierarchy of tokophobia triggers, exposing yourself gradually, and resisting compulsions (e.g., no engaging in negative self talk or avoidance anymore). Start low; aim for 30-45 minutes per exposure.

Exercise 3.1: Build Your Exposure Hierarchy

Rank 5-8 triggers from least to most anxiety-provoking (0-10 scale).

Rank	Trigger Description	Anxiety Rating (0-10)	Notes on Compulsions to Resist
1 (Easiest)	Example: Read a neutral article on menstrual cycles	3	No checking body for signs
2			
3			
4			
5			
6			
7			

8 (Hardest)	Example: Watch a childbirth video without reassurance	9	No avoidance or mental rituals

Exercise 3.2: Sample Exposure Script

Choose #1-2 from your hierarchy. Sit with the trigger for 10+ minutes.

- Before: Anxiety _____/10 | Thoughts: _____

_____

- During Exposure: (Describe what you did) _____

_____

(Resisted compulsion? Y/N – What was hard?) _____

_____

- After: Anxiety _____/10 | What did you learn? (e.g., "Anxiety peaked then dropped.") _____

_____

Tip: Habituate by repeating until anxiety drops 50%. If stuck, pair with ACT breathing (below).

Section 4: ACT – Accepting and Acting on Values

ACT helps you "unhook" from tokophobia thoughts (defusion), accept sensations (mindfulness), and commit to value-driven actions. Thoughts are like clouds—let them pass.

Exercise 4.1: Defusion Techniques

Pick an obsession (e.g., "I'm at risk of pregnancy"). Try these:

1. **Sing It**: Sing the thought to a silly tune (e.g., "Happy Birthday"). How serious does it feel now?
   New Rating: _____/10

_____

2. **Label It**: Say, "I'm having the thought that [obsession]." Notice the distance.
Reflection: _____

_____

Exercise 4.2: Mindfulness for Bodily Sensations

Spend 5 minutes:
- Sit quietly. Scan your body for tokophobia-related sensations (e.g., nausea, tightness).
- Label without judgment: "This is anxiety showing up." Breathe into it (4-7-8: In 4, hold 7, out 8).
- Acceptance Statement: "I welcome this discomfort as part of my experience."
Post-Exercise: How did acceptance change the sensation?
_____

_____

Exercise 4.3: Values Clarification & Committed Action

1. List 3 core values unrelated to OCD (e.g., relationships, creativity, adventure).
- Value 1: _____
- Value 2: _____
- Value 3: _____

2. Committed Action: Choose one small step this week that honors a value, despite fear (e.g., "Hug partner without checking for pregnancy signs").
Action: _____
Obstacle (Thought/Feeling): _____
Willing to Proceed? Y/N
Outcome (After Doing It): _____

_____

Section 5: Integration & Tracking (Weekly Review)

Combine approaches: Use I-CBT to question a thought, ERP to expose, ACT to accept and act.

Weekly Tracker (Copy for multiple weeks)

Day	I-CBT Inference Challenged	ERP Exposure Done (Trigger #)	ACT Value Action	Avg. Anxiety (0-10)	Wins/Insights

Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Overall Reflection: What surprised you this week? How has integrating these therapies shifted your relationship with tokophobia?