Facing the ”Bad Person” Fear: ACT & I-CBT Worksheet for OCD

Intro: Why This Worksheet Matters That gnawing fear—”What if I’m truly a bad person deep down?”—is a classic OCD trap, often fueled by perfectionism or people-pleasing. It spins small doubts into proof of your ”evil” core, but here’s the truth: OCD amplifies these inferences, not reality. This worksheet blends Acceptance and Commitment Therapy (ACT) to help you accept these thoughts without buying in, and Inference-Based CBT (I-CBT) to debunk the wild stories your brain tells. Together, they build self-compassion, clarify your values, and free you to live authentically. You’re not bad—you’re human, and this is your step toward kinder self-talk. Take 15-20 mins, breathe, and let’s unpack it gently.

Quick Guide: How to Use This

- Work one section at a time; jot honest thoughts.
- Rate belief in the fear (0-100%) before/after.
- Revisit weekly—progress builds.
- If heavy, pair with a therapist.

1. ACT: Notice the Noise—Defuse the ”Bad Me” Label

ACT views thoughts like ”I’m bad” as passing clouds, not your identity. Defuse by labeling them as OCD chatter.

Defusion Step: Spot the thought (e.g., ”That impatient snap means I’m selfish and rotten.”). Label it: ”OCD’s Bad Guy Script” or ”Doubt Gremlin Whisper.”

Your Thought: _____
Label: _____
What Shifts When You Label It? (e.g., ”Feels less like me, more like a bad movie.”)

Acceptance Pause: For 2 mins, notice the fear in your body (tight gut? Racing mind?). Whisper: ”I notice this doubt, and it’s okay—it’s OCD, not truth.” Body Sensation: _____
After: Belief in Fear (0-100%): Before _____ / After _____

2. I-CBT: Detective Time—Probe the ”Bad Person” Story

I-CBT targets how OCD infers ”one slip = total villain.” Gather evidence to trust reality over imagination.

Inference ID: The doubt chain (e.g., ”Forgot to text back? Must mean I’m uncaring and bad forever.”).

Inference Story: _____
Belief Strength (0-100%): _____

Evidence Roundup: Real Evidence (Senses/Facts, e.g., "I've helped friends countless times."): _____

Imagined Evidence (OCD's "What Ifs"): _____

Alternatives (e.g., "Humans mess up—doesn't erase my kindness."): 1. _____
2. _____

New Belief: _____(0-100%): _____

3. ACT: Reconnect to Your True North—Your Values

Under the fear? Your values shine: compassion, growth, connection. Living them proves you're "good enough."

Top 3 Values (e.g., Kindness, Integrity): 1. _____2. _____3. _____

How Does the Fear Clash? (e.g., "Pushes perfection over genuine care.") _____

One Value-Aligned Action: _(e.g., "Apologize sincerely without self-flagellation.")

4. Embrace the Paradox: Two Truths at Once

OCD wants black-and-white: "Good or bad?" But humans are both—and that's beautiful. This exercise highlights contradictory truths that prove your nuance, not flaw.

Paradox Pairing: List two truths about yourself that seem at odds but coexist (e.g., "I'm deeply caring (helped a friend through crisis) AND I get impatient sometimes (snapped in traffic)—both make me real, not rotten.").

Truth 1: _____
Truth 2: _____
How Do They Prove You're Human? (e.g., "Shows I'm complex, capable of growth without perfection.") _____

Belief Shift: Before (0-100% bad person fear) _____ / After _____

5. Blend It: Test & Act—Small Steps Forward

Combine: Accept the doubt (ACT), question it (I-CBT), embrace nuance, then act on values.

Experiment: _____(e.g., "Share an opinion in a group chat, sans over-apology.")

Predicted "Bad" Outcome: _____

Actual Result: _____
Belief Change: _____

Reflection: Gentle Close

What's one compassionate insight? (e.g., "I'm flawed, not bad—room to grow.")

Next Week's Focus: _____

Pro Tip: You're worthy as you are—OCD's just a loud roommate. Affirm: "I choose kindness toward myself." Repeat, and watch the fear fade.