OCD Therapy Worksheet: Taming the Hover Parent (ACT Edition)

Theme: Picture your OCD as an overprotective hover parent, always nagging with "Bring a sweater or you'll get frost bite!" or "Check the lock before you leave! Shelly's daughter just got robbed because she didn't lock the door!" They mean well, but ultimately the comments are unhelpful, puts pressure on you and just makes you feel obligated to appease and please them while forgetting how to navigate your choices from a place of self trust and your core values. This Acceptance and Commitment Therapy (ACT) worksheet helps to kindly sidestep their worries, accept their chatter, and focus on what YOU really want. Creating that awesome life starts with small decisions that lead to the life you've always dreamed of outside of OCD.

Instructions

- Find a cozy spot and take 15–20 minutes.
- Breathe deeply, like you're sneaking past mom for some "me time."
- Complete each section, then reflect: "Did I just outsmart that nag?"

1. Thought Defusion – "Thanks, Dad, But I Got This!"

Your OCD dad loves shouting warnings. Defuse their noise by giving those thoughts a silly nickname, like labeling "Did I leave the stove on?" as "Dad's Kitchen Panic Alarm!"

List 3 OCD thoughts bugging you today:

1. Thought: _____
   Silly Nickname: _____
2. Thought: _____
   Silly Nickname: _____
3. Thought: _____
   Silly Nickname: _____

2. Acceptance Exercise – "Coffee Break with Mom"

Instead of arguing with mom, invite her worries to sit with you, but don't let them run the show. Imagine her sipping decaf while you stay chill.

Exercise: Sit quietly for 5 minutes. When an OCD thought pops up, say, "Thanks for the tip, Mom!" and let it float by like a leaf on a stream.
What happened? (Did mom chill out or keep nagging?)

3. Values and Committed Actions – "My Life, My Rules"

What makes your heart sing? (e.g., adventure, friendship, creating art)
Top 3 Values:

1. _____
2. _____
3. _____

Pick one action dad tries to block, but that aligns with a value (e.g., "Go to a party without checking the door 10 times – because friendship rocks!").
Action Plan: _____
When/How: _____
Dad's Nag (humorously): _____
Your Confident Comeback: _____

Reflection

Rate your "mom or dad tolerance" from 1–10: Before _____ / After _____
Pro Tip: If mom or dad gets loud, picture them in a goofy apron, fussing over nothing. Repeat weekly to live your values louder than their nags!