



Achievement Tracker

OCD often dismisses small gains as insignificant. If we do not challenge OCD on this, we begin to distrust ourselves and our ability to cope with challenges.

When we recognise our efforts and small steps forward, we start to see that we're more capable and resourced than we realised, and more able to take on bigger tasks.

We don't need to feel proud of every small achievement, but we do need to notice them.

1. What is one thing I did today?

e.g., Sent an email, got out of bed, attended a session

2. What small win or step forward I made today, despite how you felt?

e.g., What would you acknowledge in a friend?

3. Did I face anything that was uncomfortable or challenging?

4. What skills did I practice today?

e.g., Distress tolerance, Focus on values not feelings, Delay OCD compulsions

6. What strengths did I develop today?

e.g., I was persistent, I was openness, I was brave

What am I learning about myself?

Achievements don't have to be big to matter. Recognising small steps helps build confidence, motivation, and a more balanced view of yourself over time.

