



# DIFFICULT BEHAVIOR CAUSED BY ANXIETY OR OCD

## **DIRECTIONS:**

Anxiety and OCD can be hard to handle and often come with difficult behaviors that are hard to manage. It can help to understand where those big emotions are coming from and what can help calm you down. Use this worksheet to track your difficult behaviors for a week.

WHAT WAS HAPPENING BEFORE  
YOU GOT UPSET?

WHAT TYPE OF BEHAVIORS DID  
YOU HAVE WHEN UPSET?

WHAT HELPED CALM YOU  
DOWN?