

OCD SCATTEGORIES – HOLIDAY EDITION

brought to you by OCD Family Podcast, LLC

Welcome to OCD Scattegories, where we get to push back at OCD, learn and have fun! There are 2 pages of lists, including 2 blank columns for customizing your own playlists. The fam knows OCD is as creative as the brain can imagine. So play a preset, or create your own! Either way, this is a great way to share some laughs, practice homework and the BEST gift of all, boss back OCD!



TIP: Fold your paper on the column lines to line it up with your answer key.



| Contamination: List 1 | Relationships: List 2 | Here and Now Sensory Data: List 3 | Wrong! List 4 |
|---|--|---|--|
| 1. Things that have germs | 1. Word or phrase to describe your partner | 1. Something you can see | 1. A criminal act |
| 2. Type of disease or infection | 2. A partner's body part | 2. Something you can taste | 2. Things you shouldn't yell in church |
| 3. Place(s) where people get sick | 3. Pet names for your partner | 3. Something you can smell | 3. Reasons to call 9-1-1 (or emergency code) |
| 4. Things that make people vomit | 4. Item(s) that can be found in your bedroom | 4. Something you can touch | 4. Things that will get you fired |
| 5. Items you might find in the garbage | 5. Something you are better at | 5. Something that is normal inside the room | 5. Something you shouldn't eat |
| 6. Item(s) you could find in a doctor's office | 6. Something they are better at | 6. Something that is broken | 6. Reason(s) for being late |
| 7. Place(s) to learn more about health conditions | 7. Place you've been together | 7. Something you have functional certainty of | 7. Thing(s) that get you detention or written up |
| 8. Things a Doctor might say | 8. Thing(s) they do in their free time | 8. Something irrelevant or imagined | 8. An example of lying |
| 9. Dirtiest item in your home | 9. First impression of partner | 9. Example of an obsessional doubt | 9. Ingredients you shouldn't put in a cake |
| 10. Food that goes bad easily in the refrigerator | 10. Place of an amazing date | 10. Example of a feared possible self | 10. Something you should title a children's book |
| 11. Something gross | 11. Describe partner's driving | 11. Thing(s) you can do to focus on the present | 11. Place(s) you shouldn't keep your keys |

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| Harm OCD: List 5 | Vulnerable Self Themes: List 6 | Theme: List 7 | Theme: List 8 |
|---|--|------------------|------------------|
| 1. Type of weapon(s) | 1. Type of person that forgets things | 1. | 1. |
| 2. Thing(s) you don't want to be pushed in front of | 2. A person who is careless | 2. | 2. |
| 3. Place(s) where people hide bodies | 3. A person that is immoral | 3. | 3. |
| 4. Things that are sharp | 4. Type of person that is irresponsible | 4. | 4. |
| 5. Cause(s) of death | 5. Something that makes you feel insecure | 5. | 5. |
| 6. A way you could hurt someone else | 6. Something you don't want to be | 6. | 6. |
| 7. Scary Movie | 7. The type of person that doesn't pay attention | 7. | 7. |
| 8. Noises you wouldn't want to hear while in bed | 8. Someone who neglects their duties | 8. | 8. |
| 9. Injuries that can happen at playgrounds | 9. First impression of a monster | 9. | 9. |
| 10. Bad things that happen while driving | 10. Activities that you do not value | 10. | 10. |
| 11. A catastrophic event | 11. Feared possibility about yourself | 11. | 11. |