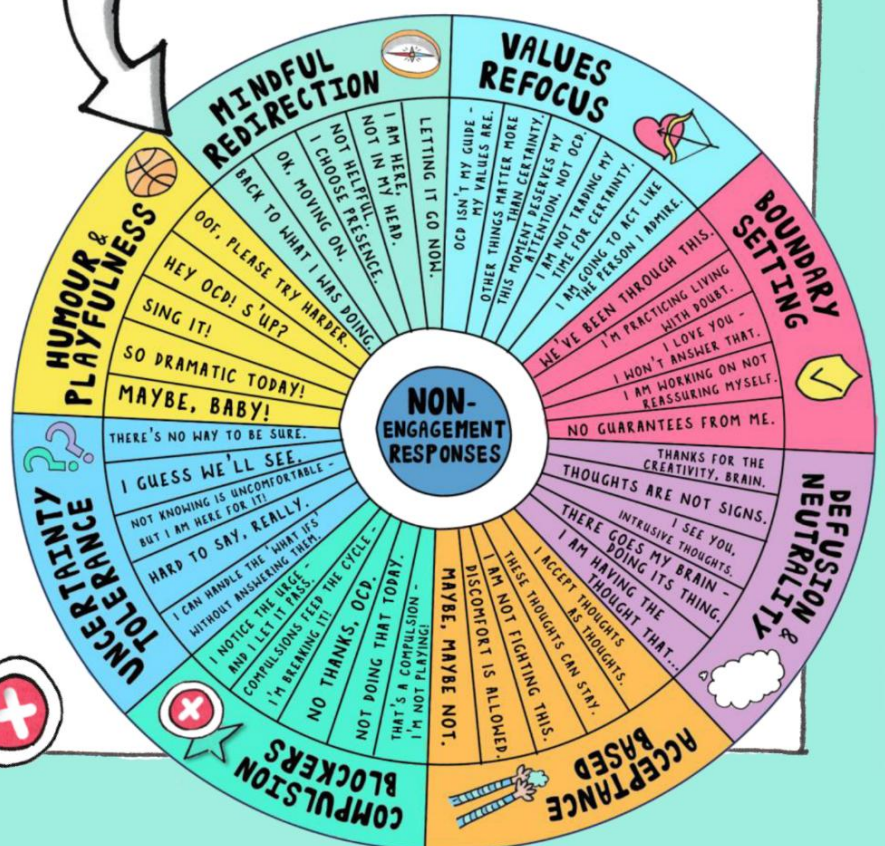


40 NON- ENGAGEMENT RESPONSES FOR INTRUSIVE THOUGHTS



OCD DOODLES



Dear friend, family member, or loved one of someone with OCD,

If someone you care about is living with OCD, you've likely witnessed just how consuming it can be - how it can take over thoughts, time, energy, and day-to-day life. OCD has a way of shrinking the world of the person it affects -and I'm under no illusion about the ripple effect that can have on the people around them, too.

This visual resource was created by someone who knows that experience from the inside. I live with OCD myself, and over time I've learned that real support isn't about fixing the thoughts or solving the anxiety -it's about learning how to respond differently, with courage, patience, non-judgement, and compassion. That's what this is: a collection of gentle reminders - grounded in evidence-based techniques and my own lived experience about the kinds of responses to intrusive thoughts that support recovery. Not quick fixes or ways to make thoughts go away, but meaningful non-engagement approaches that help people move toward a life guided by their values, even when OCD is loud.

I'm not a therapist -just someone who knows how tough this can be, and how powerful it can feel to have even one person willing to understand.

You might like to print it and use it as a daily reminder or simply revisit it whenever something resonates. It's here to be a resource that works for *you* -in your own time, in your own way.

Thank you for caring. It matters more than you probably realise.

With appreciation,



WHAT'S INSIDE?

The Non-Engagement Wheel

(in colour & black and white)

A simple, visual guide to eight different ways people with OCD might choose to respond to intrusive thoughts - without getting stuck in them. Each section includes easy-to-understand examples. You can print it, colour it, hang it up, or laminate it as a reminder of what supportive responses can look like.



Mini Pocket Booklet

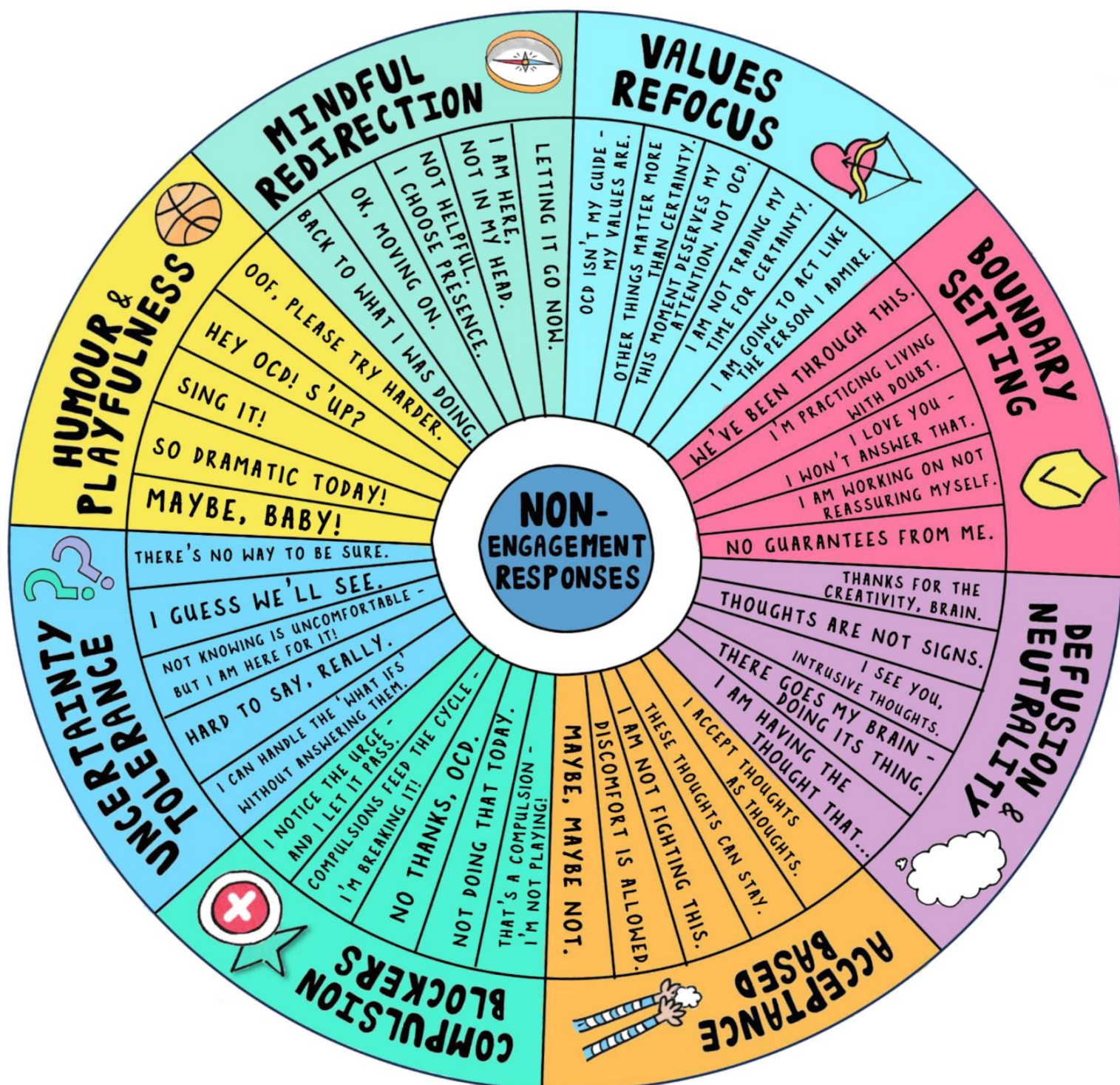
This tiny foldable booklet includes all 40 responses from the wheel in a format that fits in a wallet or notebook. It comes with a step-by-step instruction sheet for folding. It's a small but powerful way to keep key ideas close by - whether you're learning yourself or walking alongside someone you care about.

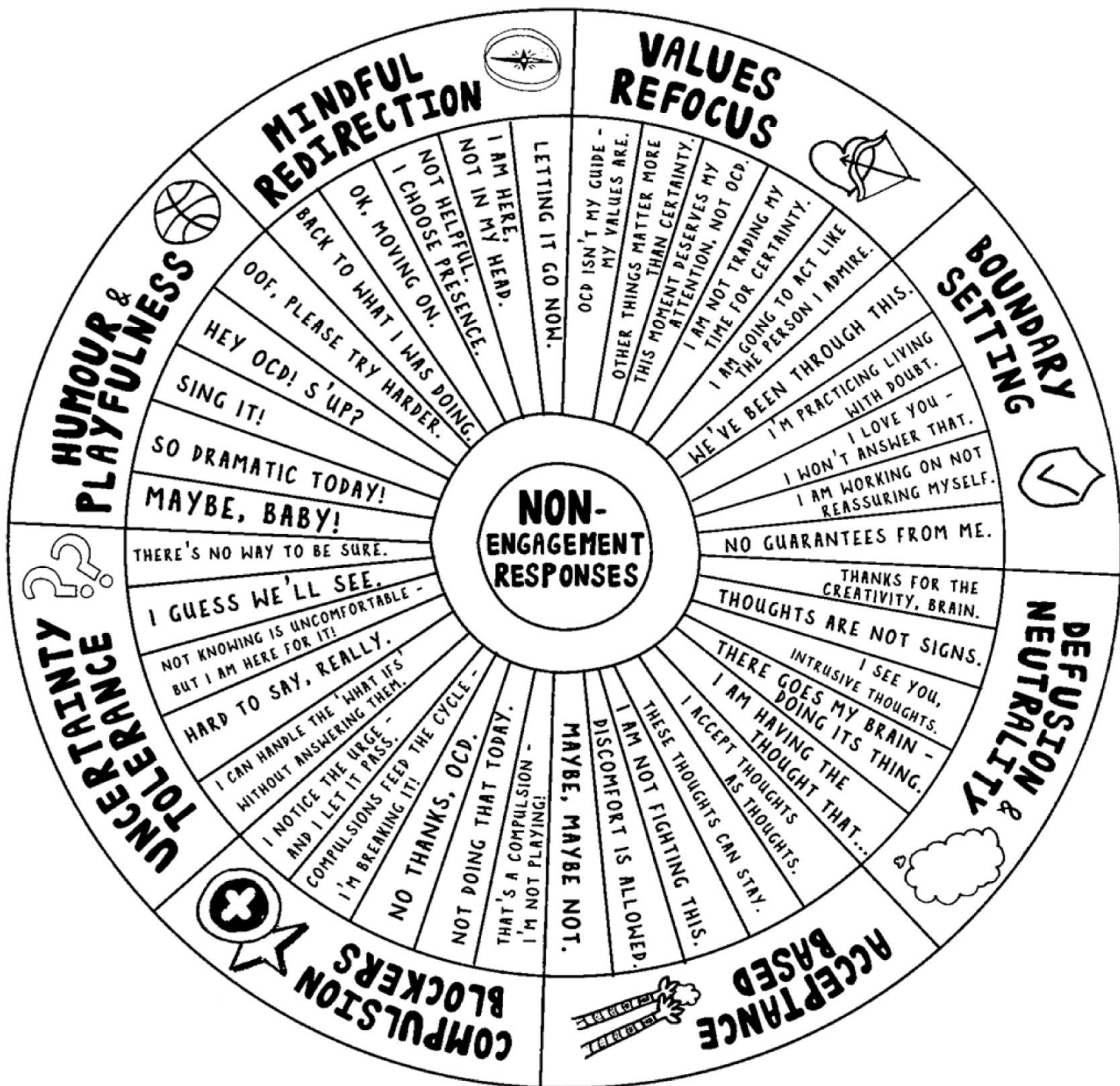


A6 Response Cards

These eight printable cards include the same content as the booklet, just larger - one card per response style with five examples each. They're great for sticking on the fridge, popping into a journal, or laminating as helpful reminders. They can also open meaningful conversations with your loved one about what helps (and what doesn't).

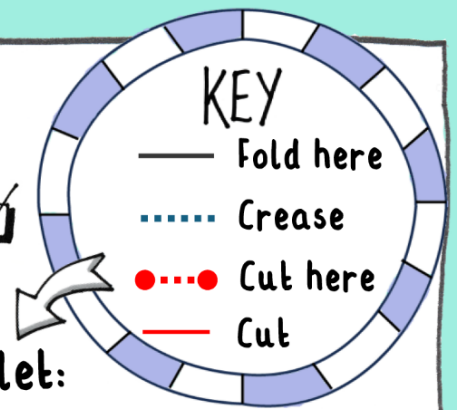






How to Print Your Pocket Booklet:

Print on standard A4 paper. In the printer settings check the 'fit' to paper setting ☒ and borderless printing. ☒
Do not print double sided!



How to Fold Your Pocket Booklet:

- 1** Fold it in half lengthways.
- 2** Unfold.
- 3** Fold it in half widthways.
- 4** Leave folded.
- 5** Fold loose end up towards centre.
- 6** Fold the other loose end backwards and up to the centre.
- 7** Looks like a "W" shape when viewed from the end.
- 8** Unfold.
- 9** Fold it in half widthways.
- 10** Unfold, then refold along the original lengthways fold.
- 11** Push the two ends towards each other, so that the cut forms a diamond.
- 12** "X" shape. Keep pushing together until the cut closes.
- 13** Flatten the X shape like this, then fold!
- 14** Ta da!

Page colours



See www.youtube.com/@ocddoodles for a video tutorial!

HUMOUR & PLAYFULNESS

OCD thrives on fear. Laughter disarms it.

- 31 MAYBE, BABY!
- 32 SO DRAMATIC TODAY!
- 33 SING IT!
- 34 HEY OCD! S'UP?
- 35 OOF, PLEASE TRY HARDER.

You're allowed to smile, even when it feels wrong.

MINDFUL REDIRECTION

Shift focus from fear to now.

- 36 BACK TO WHAT I WAS DOING.
- 37 OK, MOVING ON.
- 38 NOT HELPFUL. I CHOOSE PRESENCE.
- 39 I AM HERE, NOT IN MY HEAD.
- 40 LETTING IT GO NOW.

Attention is a muscle. It's okay to start small and wobble.

UNCERTAINTY TOLERANCE

You don't need to know to move forward.

- 42 I CAN HANDLE THE 'WHAT IF'S' WITHOUT ANSWERING THEM.
- 43 HARD TO SAY, REALLY.
- 44 NOT KNOWING IS UNCOMFORTABLE - BUT I AM HERE FOR IT!
- 45 I GUESS WE'LL SEE.
- 46 THERE'S NO WAY TO BE SURE.

You don't need proof to live your life today.

VALUES REFOCUS

Let your values lead - not your fear.

- 1 OCD ISN'T MY GUIDE - MY VALUES ARE.
- 2 OTHER THINGS MATTER MORE THAN CERTAINTY.
- 3 THIS MOMENT DESERVES MY ATTENTION, NOT OCD.
- 4 I AM NOT TRAPING MY TIME FOR CERTAINTY.
- 5 I AM GOING TO ACT LIKE THE PERSON I ADMIRE.

You can feel uncertain and still move toward what matters.

COMPULSION BLOCKERS

Interrupt the urge. Choose pause over action.

- 67 THAT'S A COMPULSION - I'M NOT PLAYING!
- 68 NOT DOING THAT TODAY.
- 69 NO THANKS, OCD.
- 70 COMPULSIONS FEED THE CYCLE - I'M BREAKING IT!
- 71 I NOTICE THE URGE - AND I LET IT PASS.

Doing nothing is doing something. And it's brave.

BOUNDARY SETTING

Protect your recovery by saying no.

- 72 WE'VE BEEN THROUGH THIS.
- 73 I'M PRACTICING LIVING WITH DOUBT.
- 74 I LOVE YOU - I WON'T ANSWER THAT.
- 75 I AM WORKING ON NOT REASSURING MYSELF.
- 76 NO GUARANTEES FROM ME.

You don't have to feel ready to take the next step.

ACCEPTANCE BASED

Let it be there without a fight.

- 77 I ACCEPT THOUGHTS AS THOUGHTS.
- 78 THESE THOUGHTS CAN STAY.
- 79 I AM NOT FIGHTING THIS.
- 80 DISCOMFORT IS ALLOWED.
- 81 MAYBE, MAYBE NOT.

These aren't fixes - they're responses. Keep practicing.

DEFUSION & NEUTRALITY

You're the sky. Thoughts are the weather.

- 82 THANKS FOR THE CREATIVITY, BRAIN.
- 83 THOUGHTS ARE NOT SIGNS.
- 84 I SEE YOU, INTRUSIVE THOUGHTS.
- 85 THERE GOES MY BRAIN - DOING ITS THING.
- 86 I AM HAVING THE THOUGHT THAT...

Loud brain? You don't have to argue with it.



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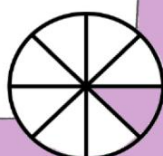


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Want more like this?

A full **Visual Resource Library** is on the way - created especially for licensed therapists and educators. It'll be packed with printable tools, infodoodles, and creative supports to help people navigate life with OCD.

While that's in the works, you can already explore:

★ ETSY

<https://www.etsy.com/shop/ocddoodles>

- Tote bags, postcards, badges, wall prints and ERP notepads.

★ REDBUBBLE

<https://www.redbubble.com/people/ocddoodles/shop>

- Stickers, mugs, notebooks, and more.

★ OCDDOODLES.COM

<https://www.ocddoodles.com/shop>

- Instant downloads and digital print licenses.

I hope these tools are used as part of evidence-based care - and elevated in practice by the guidance of a qualified, licensed therapist.

OCD Doodles does **not** endorse the use of these materials by unqualified, unlicensed, or unsupervised "experts by experience." Lived experience is powerful, but it should never replace proper clinical support.

Thanks for being here,

Laura.

OCDDOODLES

