

The choice point for OCD

[\(taken from Zurita Ona, \*The ACT Workbook for Teens with OCD: Unhook Yourself and Live Life to the Full\*\)](#)

*Away from the stuff I care about*

*Towards the stuff I care about*

*What do you do when you get hooked?*

*Your  
Choice Point*

*What ACT skills can you use to get unhooked?*

*What's the obsession that shows up in your mind?*

*What's the activity?*