### The OCD Decision Matrix

MPORTANI

#### Important and Urgent

- Emergencies
- Planned Activities
- Commitments with Deadlines
- Attending to the Present
- Self-Care

Do

### **URGENT**

## Urgent but Not Important

- Compulsive Urges
- Off-Focus Tasks and Ideas
- Intrusive Thoughts
- Interruptions
- Rumination/Overthinking

Resist

# Important but Not Urgent

- Planning
- Long-Term Commitments
- Open-Ended Projects
- Some Ideas
- Most Therapy Work

Schedule

#### **NOT URGENT**

### Not Important and Not Urgent

- Avoidance and Unhealthy Coping Mechanisms
- Meaningless Activities
- Self-Doubt
- Others' Expectations

Reframe

NOT IMPORTANT



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