

# Creating a Personal Pledge

Create a personal pledge to yourself, outlining what you'll strive to do each day to live a CBT lifestyle. A pledge to yourself is an intention you state that orients you to what matters in a supportive way. To keep your pledge meaningful to you, include the following:

- I want to live my life free from OCD.
- Living mindfully
- Facing your fears
- Acceptance
- Self-compassion
- Your relationship with your thoughts
- Taking actions according to your values

It may be helpful to fill in your outline using the following prompts:

- Today, I pledge that I will live mindfully by \_\_\_\_\_  
\_\_\_\_\_.
- Today, I pledge to face my fears by \_\_\_\_\_  
\_\_\_\_\_.
- Today, I pledge to accept \_\_\_\_\_  
\_\_\_\_\_.
- Today, I pledge to practice cultivating my compassionate mind by \_\_\_\_\_  
\_\_\_\_\_.
- Today, I pledge to observe my thoughts as they come and go.
- Today, I pledge to take action in the service of my values by \_\_\_\_\_  
\_\_\_\_\_.
- Today, I pledge to \_\_\_\_\_  
\_\_\_\_\_.

Revisit your pledge as often as you need to help keep yourself on track with your ERP and your behavior change efforts.