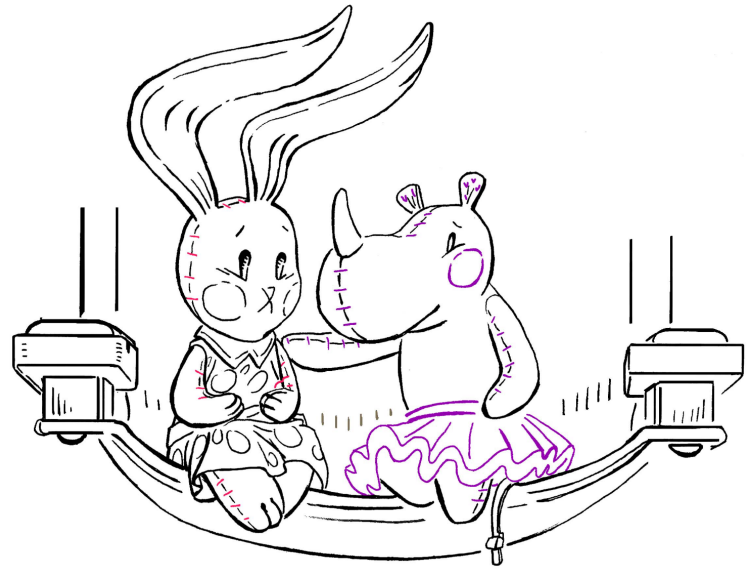


Me and My Team

Having OCD and managing everything that comes with it can make you feel like nobody in the world understands what you're going through and that you're all alone.

Asking for help from others might feel difficult or even embarrassing. But needing help is okay. In fact, building a team of people that you trust can offer valuable support in your journey with OCD.



I've made a list of people in my life that are willing to support me. Below is an example from my list.

My Team Members	How My Team Members Could Help Me
Iris	Help me resist compulsions by rooting for me

Whether it's a teacher who helps me notice my worry thoughts, a friend who listens when I'm having a tough time, or a family member that helps me set up my Determined challenges, it has been a big help to create my list. Try creating a list of your own!

My Team Members	How My Team Members Could Help Me