

LEARNING FROM SETBACKS

Conquering anxiety and OCD is far from easy, and making mistakes along the way is only human. This worksheet provides a space for thoughtful reflection on setbacks, offering an opportunity to learn and grow without self-judgment. Use this tool to navigate your progress with resilience and continued forward momentum

DESCRIBE YOUR SETBACK HERE

WHAT SKILLS DID YOU ATTEMPT TO USE?

WERE THERE ANY SKILLS THAT YOU STOPPED USING?

WHAT ARE YOU PROUD OF YOURSELF FOR?



AS YOU LOOK BACK, WHAT COULD YOU HAVE DONE DIFFERENTLY IN THE FACE OF THAT CHALLENGE?

WHAT IS ONE THING YOU CAN DO TODAY TO GET BACK ON TRACK?

WHAT SKILLS DID YOU ATTEMPT TO USE?

WHAT IS THE MOST SIGNIFICANT LESSON YOU CAN TAKE AWAY FROM THIS SETBACK? WHAT DO YOU WANT TO REMIND YOUR FUTURE SELF?

Remember: With every difficulty there is an opportunity. And with every opportunity, there is difficulty. Let this worksheet be a wellspring of inspiration, propelling you forward on your journey. Each hurdle is a building block, solidifying the strength you've cultivated. Your progress is resilient, don't let setbacks deter you—use them as stepping stones toward a stronger, more empowered version of yourself

You've got this!

