

**A2: Motivation to change**

This page is divided into quarters. Each quarter represents either a positive or negative aspect about having OCD. Please take some time to consider each section in detail, and try to think of some of the positive and negative aspects of having OCD and of changing. Record your ideas in the spaces. Your therapist will discuss how your balance of positive and negative aspects of OCD will affect your motivation to work hard in treatment.

<b>List all the negative aspects of having OCD</b>	<b>List all the positive aspects of having OCD</b>
<b>List all the personal benefits that you expect if you change</b>	<b>List all the personal costs that you expect if you change</b>