

# List of Alternative Activities

I understand how my obsessive thoughts can be consuming and I need to make an effort in distracting myself from these nonproductive thoughts.

My consuming thought is: \_\_\_\_\_

The activities I could engage in to steer away from these thoughts include:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_