The importance of hope

**Instructions:** Focusing on the importance of hope, think about the four key questions on this page. The questions on this worksheet are not designed to provoke negative emotions, but to give you a chance to reflect on key areas of your life outside of OCD.

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| **What are your passions in life?** |
| *Now* |
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| What would you like moving forward? |
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| **What are areas of career or educational interest?** |
| *Now* |
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| What would you like moving forward? |
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| **What are your hobbies / favourite activities?** |
| *Now* |
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| What would you like moving forward? |
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| **What are your values or strengths?** |
| *Now* |
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