

ALL ABOUT ME



OCD Edition

What I Wish You Knew

A guided journal for understanding me better

This Journal is all about:

Gift Me Right

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How to Use This Journal

This journal is an invitation to understand me better.

There is no right or wrong way to fill it out.

Take your time.

Skip what doesn't fit.

Return to pages whenever you need to.

Some questions may feel easy.

Others may take longer.

This journal isn't meant to be perfect.

It's meant *to be honest*.

Let this be a space where you can be real.

About Me

The **basics** of who I am, in my own words.

My full name is:

I prefer to be called:

My pronouns are:

My date of birth is:

My zodiac sign is:

I currently live in:

Where I grew up:

Languages I speak or understand:

Age (at the time of filling this out):

A picture of me
when I was a baby

A picture of me
now (current)

My height is:

My shoe size is:

My shirt size is:

My pants or skirt size is:

My jacket or coat size is:

My ring size is:

My favorite fit is (oversized, fitted, relaxed):

My favorite ice cream flavors include:

My best friends are:

Comfort or style preference:

Hat size (if applicable):

Introvert or extrovert?

My favorite color(s):

My least favorite color(s):

My favorite scent family is:

My metal preference is:

My favorite season is:

I am more of a morning person or night owl:

Dietary preferences:

Food allergies or sensitivities:

Foods I love:

Foods I avoid:

Favorite snack:

Favorite sweet treat:

Favorite drink:

Caffeine preference:

Alcohol preference (or none):

Tea preferences:

Quotes that I live by:

Someday, I want to:

Things that physically comfort me:

Things that physically overwhelm me:

Preferred way to relax my body:

Preferred way to relax my mind:

My ethnicity, race, and origin:

My religion and how important it is to me:

About Me

let's Go More In Depth

My hobbies and interests:

How I recharge:

What drains my energy:

How I spend most of my time:

What motivates me lately:

What feels most important to me right now:

When I'm upset what I usually need is:

What doesn't help when I'm overwhelmed:

How I prefer to communicate during conflict:

How I prefer to receive support:

How I show appreciation:

How I tend to shut down or open up:

Things I don't always say out loud:

Things I'm afraid to ask for:

Things I wish I were better at expressing:

What makes me feel deeply understood:

What makes me feel distant or misunderstood:

What I hope you never forget about me:

Ways I show love or care:

Ways I like to receive love or care:

What makes me feel safe:

What makes me feel valued:

What makes me feel appreciated:

What makes me feel emotionally close to
someone: _____

What I've learned about myself so far:

What I want more of in my life:

What I want less of in my life:

Who I am becoming:

What I am working on within myself:

What I hope the people in my life understand about me:

A message from me to you:

What I hope this journal helps you understand:

What I want remembered about me in this season of life: _____

What I am grateful for right now:

What I am still figuring out:

What I want to carry forward:

About Me

Inside my beautiful **OCD** mind

How uncertainty feels in my body:

Situations that make my thoughts feel louder:

What my mind tries to protect me from:

How I experience doubt or “what if” thoughts:

What happens internally when I feel out of control: _____

What helps me feel a sense of steadiness:

What patterns or habits bring me temporary relief: _____

What makes those habits feel harder to resist:

How reassurance affects me over time:

What support feels grounding instead of enabling: _____

How stress changes my thought patterns:

What helps me sit with discomfort safely:

What I wish others understood about my thought process: _____

How I separate myself from intrusive thoughts:

What helps me regain trust in myself:

What I'm proud of managing each day:

What progress looks like for me (even if it's small): _____

What I want others to know about living inside my mind: _____

About Me: ADHD

Any further notes I have:

I can't read your mind, and you can't read mine.
I hope this helps us communicate better and
supports us in being better humans to each
other.

By signing this, we promise to be the best
humans we can be to one another.

X _____ Date: _____

X _____ Date: _____

GMR



2026

gift me right

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