

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.

About Me: Basics

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:

About Me: Basics

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)

About Me: Basics

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:

About Me: Basics

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?

About Me: Basics

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:

About Me: Basics

Dietary preferences:

Food allergies or sensitivities:

Foods I love:

Foods I avoid:

Favorite snack:

Favorite sweet treat:

About Me: Basics

Favorite drink:

Caffeine preference:

Alcohol preference (or none):

Tea preferences:

Quotes that I live by:

Someday, I want to:

About Me: Basics

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

About Me: Identity

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:

About Me: Communication

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:

About Me: Heart

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:

About Me: Love & Care

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:

About Me: Reflection

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:

About Me: Legacy

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

About Me: OCD

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:

About Me: OCD

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:

About Me: OCD

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

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