

What to Do  
When Your

# BRAIN GETS STUCK

A Kid's  
Guide to  
Overcoming  
OCD


by Dawn Huebner, Ph.D.

illustrated by Bonnie Matthews

Copyrighted Material

CHAPTER  
ONE

# Are You Saving Junk?

Close your eyes for a moment, and picture your house. Take an imaginary walk through each of the rooms, counting all the garbage pails you see. Think of the kitchen, the bathrooms, the bedrooms, every single room. How many garbage pails are there all together? Write your number here. 



We all throw stuff away every day.

Take a peek in the garbage pail closest to you.  
You don't have to touch anything. Just look inside.

⚙️ Draw three things that are in the garbage pail closest to you.

⚙️ Now think of two other things that you've thrown away recently. Add those to the pail.

⚙️ Ask whoever is reading this book with you to tell you something they have thrown away today. Draw that in, too.



Usually we don't think much about garbage. We don't have classes in "garbage-ology," and we don't read books on the subject (except this one!). We just know what needs to be thrown away, and we toss it. That's because we have something that works like a sorting machine in our brains.

This sorter is able to tell the difference between important stuff and junk. It's not something we really have to think about. Our brains automatically tell us "garbage!" and we throw that thing away.

Once in a while, we might not know for sure whether to keep something, so we ask, or we keep it for a little while to see if we end up needing it. But usually it isn't an issue. We know what's worth keeping, and we keep it. We know what's garbage, and we throw it away.



⚙ Circle the things that are worth keeping.

⚙ Put an X over the things that should be thrown away.

⚙ Put a question mark over the things you aren't sure about.

