

OCD

Do the compulsions help?

If you can complete this for one week it will give you a good idea of what exactly is happening for you.

Every day come and complete this form, which you are able to save to your device. You are also able to clear the form to input new data each day.



What was your obsession?

What is troubling inside your head?

Thoughts that you have done something wrong (past or future)

Contamination - you could spread germs

That you could hurt someone or yourself

That you are a bad person

You have forgotten something

You have not locked up properly

You did not turn something off

Worried about someone

Thoughts about your relationship

Thoughts about your sexuality

Aggressive Thoughts

Religious Thoughts

How distressed does this obsession make you?

0 is not distressed at all; 10 is the highest level of distress

1. 2. 3. 4. 5. 6. 7. 8. 9. 10

What was your compulsion?

What did you do to prevent something bad from happening and to ease your distress?

Checking

Repeat something

Go over and over in my head

Try to recall all the details

Cleaning

Shower

Wash hands

Wash other parts of body

Not touch anything

Avoid people, places or things

Special prayers

Seek reassurance

Did you miss out on anything because of carrying out your compulsions?

This could also be;

were you late for anything, chose not to go somewhere or do something and is to let you see the impact this is having on your life

Yes.

No.

What did you miss out on?

How long did you spend on your compulsion?

Minutes or hours

Hours

Minutes

How did you feel after carrying out your compulsion?

0 is you felt absolutely fine; 10 is very distressed

1. 2. 3. 4. 5. 6. 7. 8. 9. 10

Today's Date