Map your OCD loop

Sam wants to leave home on time.
This describes what happened; it is not a safety check.

1. Situation or trigger

Leaving home for work after turning off the hob.

2. Thought, image, urge, doubt or "not right" feeling

What if I left the hob on?

3. Discomfort and pressure to act

Anxiety; a knot in my stomach; I must make absolutely sure.

4. What I did - including anything silent

Went back, checked, took a photo; enlarged it later, asked my partner and mentally replayed switching off.

5. What happened immediately

I felt relieved for a while.

6. What happened later - doubt and effect on life

The doubt returned. I was late for work.

One map is enough for now. If this turns into replaying or checking for the perfect answer, stop and return to your day. Keep this page for the next lesson.

Map your OCD loop

Choose one recent moment. A few words in each box are enough.
Leave gaps if needed. You do not have to reconstruct the event.

1. Situation or trigger

2. Thought, image, urge, doubt or "not right" feeling

3. Discomfort and pressure to act

4. What I did - including anything silent

5. What happened immediately

6. What happened later - doubt and effect on life

One map is enough for now. If this turns into replaying or checking for the perfect answer, stop and return to your day. Keep this page for the next lesson.