Intrusive Thoughts

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 thought or image?

What is troubling inside your head?

- [ ] Thoughts about harming someone
- [ ] Knives
- [ ] Aggressive Thoughts
- [ ] I'm a bad person for thinking this
- [ ] Inappropriate Sexual Thoughts
- [ ] Thoughts about kids
- [ ] Thoughts about my relationship
- [ ] Thoughts about my sexuality
- [ ] Religious, blasphemous thought
- [ ] I have done something wrong

Other

How distressed does this thought or image make you feel?

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 help?

- [ ] Analysed inside my head
- [ ] Asked for reassurance
- [ ] Prayed
- [ ] Repeated something over and over
- [ ] Tried to recall specific details
- [ ] Checked to see if I was sexually aroused
- [ ] Avoid people, places or things
- [ ] Removed knives etc, that I thought I was not safe around
- [ ] Removed other things that I thought I was not safe around

Other: write your own

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

For example, missing time with your kids, or family and friends. Not attending church, not going on dates

Yes. ☐ No. ☐

What did you miss out on?

Write what you missed 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 ☐

Todays Date

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Clear form