

## Record of Obsessions and Compulsions

The purpose of this form is to help you become more aware of what prompts you to perform a ritual. At least once a day record what happened leading up to the ritual and what the consequences were, as follows: 1) Make a note of the situation and any specific trigger; 2) write down any emotions or physical sensations you felt at the time and how strong they were from 0-10, where 10 is the strongest that feeling could be; 3) record any thoughts or images that went through your mind; 4) describe what you did in response; 5) finally, note down any consequences.

| Situation and trigger   | Emotions and/or physical sensations   | Thought, image, doubt or worry   | Behaviour   | Consequences  |
|---|---|--|---|---|
| <i>What happened?</i><br><i>Where? When?</i><br><i>Who with? How?</i><br><i>What did I notice?</i><br><i>What did I react to?</i> | <i>What emotion did I feel?</i><br><i>How intense was it (from 0-10)?</i><br><i>What did I feel in my body?</i> | <i>What went through my mind?</i><br><i>What disturbed me?</i><br><i>What did it <b>mean</b> that I had the thought or image?</i><br><i>How likely did it seem that the worst would happen?</i><br><i>What's the worst thing about it?</i><br><i>What was I telling myself about how I would cope?</i> | <i>What did I do?</i><br><i>How long for?</i><br><i>How many times?</i> | <i>How did my emotions change?</i><br><i>How did my thoughts change?</i><br><i>What made me stop?</i><br><i>What were the positive consequences?</i><br><i>What were the negative consequences?</i> |
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|--|--|---|--|--|
| <p><i>What happened?</i><br/> <i>Where? When?</i><br/> <i>Who with? How?</i><br/> <i>What did I notice?</i><br/> <i>What did I react to?</i></p> | <p><i>What emotion did I feel?</i><br/> <i>How intense was it (from 0-10)?</i><br/> <i>What did I feel in my body?</i></p> | <p><i>What went through my mind?</i><br/> <i>What disturbed me?</i><br/> <i>What did it <b>mean</b> that I had the thought or image?</i><br/> <i>How likely did it seem that the worst would happen?</i><br/> <i>What's the worst thing about it?</i><br/> <i>What was I telling myself about how I would cope?</i></p> | <p><i>What did I do?</i><br/> <i>How long for?</i><br/> <i>How many times?</i></p> | <p><i>How did my emotions change?</i><br/> <i>How did my thoughts change?</i><br/> <i>What made me stop?</i><br/> <i>What were the positive consequences?</i><br/> <i>What were the negative consequences?</i></p> |
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