

OCD Thought Record

Use this form to monitor obsessional thoughts and behaviours. Practice noticing, letting go of or altering negative thoughts. Try to gradually suspend or delay the repetitive behaviours and mental routines normally used to block or neutralise the negative thoughts and feelings.

| Trigger | Response | Obsession | Compulsion | Realistic Assessment | Outcome |
|---|---|---|--|---|------------------------|
| Identify the triggering situation, intrusive thought, image or initial feeling | Identify the negative response and feelings - Rate intensity 0-100% | Describe the worry or obsessional thoughts that follow the trigger or intrusion | Describe the safety behaviours, neutralising habits or mental routines | Identify a helpful alternative interpretation or response | Re-rate emotion 0-100% |
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