

Name: _____

Date : _____

Age: _____ **Sex:** _____

For some people certain thoughts may seem to occur against their will and they cannot get rid of them. Only endorse items which apply to you due to: (1) their having been performed excessively, (2) their undesirability, (3) your attempts to resist, and (4) their having interfered with your functioning in some way.

Rate the thoughts listed below from 1 to 5, according to the degree of disturbance during the past week:

- 1 – This thought does not trouble me at all
- 2 – This thought rarely troubles me (once a week or less)
- 3 – This thought often troubles me (several times weekly)
- 4 – This thought troubles me very often (daily)
- 5 – This thought troubles me continually (all waking hours)

I. AGGRESSIVE OBSESSIONS

- | | |
|-----------|---|
| ① ② ③ ④ ⑤ | 1. Actively harming others intentionally |
| ① ② ③ ④ ⑤ | 2. Harming yourself intentionally |
| ① ② ③ ④ ⑤ | 3. Going crazy and harming others |
| ① ② ③ ④ ⑤ | 4. Violent or repulsive images, thoughts or words |
| ① ② ③ ④ ⑤ | 5. Blurting out obscenities or insults |
| ① ② ③ ④ ⑤ | 6. Making embarrassing or obscene gestures |
| ① ② ③ ④ ⑤ | 7. Writing obscenities |
| ① ② ③ ④ ⑤ | 8. Acting out in antisocial ways in public |
| ① ② ③ ④ ⑤ | 9. Having insulted or offended others |
| ① ② ③ ④ ⑤ | 10. Acting on impulses to rob, steal from, take advantage of, or cheat others |
| ① ② ③ ④ ⑤ | 11. Rejecting, divorcing, or being unfaithful to a loved one |
| ① ② ③ ④ ⑤ | 12. Deliberately hoping that others will have accidents, become ill or die |
| ① ② ③ ④ ⑤ | 13. Other: _____ |

II. SEXUAL OBSESSIONS

- | | |
|-----------|---|
| ① ② ③ ④ ⑤ | 1. Forbidden or perverse thoughts, images or impulses |
| ① ② ③ ④ ⑤ | 2. Sex with children |
| ① ② ③ ④ ⑤ | 3. Sex with animals |

¹ From *Freedom From Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty* by Jonathan Grayson. Berkely/Penguin Press. NY. 2003. Adapted and Modified from *Obsessive-Compulsive Disorders: A Complete Guide to Getting Well And Staying Well* by Fred Penzel.

- | | |
|-----------|--|
| ① ② ③ ④ ⑤ | 4. Incest |
| ① ② ③ ④ ⑤ | 5. Being homosexual or acting homosexually |
| ① ② ③ ④ ⑤ | 6. Doubt about your sexual identity |
| ① ② ③ ④ ⑤ | 7. Sex with religious figures or celebrities |
| ① ② ③ ④ ⑤ | 8. Acting sexually toward others |
| ① ② ③ ④ ⑤ | 9. Doubt about possibly having acted sexually toward others |
| ① ② ③ ④ ⑤ | 10. Doubt about possibly having been acted upon sexually by others |
| ① ② ③ ④ ⑤ | 11. Other: _____ |

III. CONTAMINATION OBSESSIONS

- | | |
|-----------|--|
| ① ② ③ ④ ⑤ | 1. Bodily waste or secretions, e.g. feces, urine, saliva, perspiration, blood, semen |
| ① ② ③ ④ ⑤ | 2. Dirt or grime |
| ① ② ③ ④ ⑤ | 3. Germs, or viruses |
| ① ② ③ ④ ⑤ | 4. Environmental contaminants (asbestos, lead, radiation, toxic wastes, etc.) |
| ① ② ③ ④ ⑤ | 5. Household chemicals (cleansers, solvents, drain openers, insecticides) |
| ① ② ③ ④ ⑤ | 6. Auto exhaust or other poisonous gases |
| ① ② ③ ④ ⑤ | 7. Garbage, refuse, or their containers |
| ① ② ③ ④ ⑤ | 8. Grease or greasy items |
| ① ② ③ ④ ⑤ | 9. Sticky substances |
| ① ② ③ ④ ⑤ | 10. Medication, or the effects of having ingested medication in the past |
| ① ② ③ ④ ⑤ | 11. Your food or drink having been adulterated or tampered with by others |
| ① ② ③ ④ ⑤ | 12. Broken glass |
| ① ② ③ ④ ⑤ | 13. Poisonous plants |
| ① ② ③ ④ ⑤ | 14. Contact with live animals |
| ① ② ③ ④ ⑤ | 15. Contact with dead animals Contact with insects |
| ① ② ③ ④ ⑤ | 16. Contact with other people |
| ① ② ③ ④ ⑤ | 17. Contact with unclean or shabby looking people |
| ① ② ③ ④ ⑤ | 18. Contracting an unspecified illness |
| ① ② ③ ④ ⑤ | 19. Contracting a specific illness: _____ |
| ① ② ③ ④ ⑤ | 20. Spreading illness to, or contaminating others |
| ① ② ③ ④ ⑤ | 21. Hospitals, doctor's offices and health care workers |
| ① ② ③ ④ ⑤ | 22. Leaving or spreading an essence or trace of yourself behind on objects or others |
| ① ② ③ ④ ⑤ | 23. Being contaminated by thoughts of harm happening to yourself or others |
| ① ② ③ ④ ⑤ | 24. A specific person, or place felt to be contaminated in some nonspecific way |
| ① ② ③ ④ ⑤ | 25. Being contaminated by certain words: _____ |
| ① ② ③ ④ ⑤ | 26. Being contaminated by the names of certain illnesses |

- | | |
|-----------|---|
| ① ② ③ ④ ⑤ | 27. Being contaminated by seeing an ill or disabled person |
| ① ② ③ ④ ⑤ | 28. Being contaminated by the memory of a person who has died |
| ① ② ③ ④ ⑤ | 29. Being contaminated by certain numbers or their multiples |
| ① ② ③ ④ ⑤ | 30. Being contaminated by certain colors |
| ① ② ③ ④ ⑤ | 31. Your belongings being contaminated by having been present or used when something unpleasant was occurring |
| ① ② ③ ④ ⑤ | 32. Being contaminated by evil or the devil |
| ① ② ③ ④ ⑤ | 33. Other: _____ |

IV. RELIGIOUS OBSESSIONS

- | | |
|-----------|--|
| ① ② ③ ④ ⑤ | 1. Being deliberately sinful or blasphemous |
| ① ② ③ ④ ⑤ | 2. Doubtful thoughts as to whether you acted sinfully or blasphemously in the past |
| ① ② ③ ④ ⑤ | 3. Fears of having acted sinfully or unethically |
| ① ② ③ ④ ⑤ | 4. Doubting your faith or beliefs |
| ① ② ③ ④ ⑤ | 5. Unacceptable thoughts about religious figures, religion, or deities |
| ① ② ③ ④ ⑤ | 6. Thoughts of being possessed |
| ① ② ③ ④ ⑤ | 7. Thoughts of having to be perfectly religious |
| ① ② ③ ④ ⑤ | 8. Other: _____ |

V. OBSESSIONS OF HARM, DANGER, LOSS, OR EMBARRASSMENT

- | | |
|-----------|---|
| ① ② ③ ④ ⑤ | 1. Having an accident, illness or being injured |
| ① ② ③ ④ ⑤ | 2. An accident, illness or injury happening to someone else |
| ① ② ③ ④ ⑤ | 3. Accidentally losing control and harming others |
| ① ② ③ ④ ⑤ | 4. Accidentally losing control and harming self |
| ① ② ③ ④ ⑤ | 5. Causing harm to others through your own negligence or carelessness |
| ① ② ③ ④ ⑤ | 6. Causing harm to others through my thoughts |
| ① ② ③ ④ ⑤ | 7. Causing harm to self through your own negligence or carelessness |
| ① ② ③ ④ ⑤ | 8. Causing harm to self through my thoughts |
| ① ② ③ ④ ⑤ | 9. Never being able to be happy, or never being able to get what you want in life |
| ① ② ③ ④ ⑤ | 10. Doubt about whether you somehow harmed or injured others in the past |
| ① ② ③ ④ ⑤ | 11. Being deliberately harmed by others |
| ① ② ③ ④ ⑤ | 12. Being rejected by a loved one |
| ① ② ③ ④ ⑤ | 13. Being cheated or taken advantage of by others |
| ① ② ③ ④ ⑤ | 14. Having somehow cheated or taken advantage of others |
| ① ② ③ ④ ⑤ | 15. Having insulted or offended others |
| ① ② ③ ④ ⑤ | 16. Objects in the environment having been moved or changed in unexplainable ways |

- | | |
|-----------|--|
| ① ② ③ ④ ⑤ | 17. Damage or theft of property |
| ① ② ③ ④ ⑤ | 18. Losing or misplacing property |
| ① ② ③ ④ ⑤ | 19. Forgetting information (memories, facts, appointments, etc.) |
| ① ② ③ ④ ⑤ | 20. Being trapped in an unsatisfactory life or relationship |
| ① ② ③ ④ ⑤ | 21. Being looked at or noticed by others in a critical way |
| ① ② ③ ④ ⑤ | 22. Acting inappropriately in public |
| ① ② ③ ④ ⑤ | 23. Your own mortality |
| ① ② ③ ④ ⑤ | 24. The mortality of your family and friends |
| ① ② ③ ④ ⑤ | 25. Your children not being your own |
| ① ② ③ ④ ⑤ | 26. Other: _____ |

VI. SUPERSTITIOUS OR MAGICAL OBSESSIONS

- | | |
|-----------|---|
| ① ② ③ ④ ⑤ | 1. Having bad luck |
| ① ② ③ ④ ⑤ | 2. Bad luck happening to someone else |
| ① ② ③ ④ ⑤ | 3. Lucky or unlucky numbers or their multiples |
| ① ② ③ ④ ⑤ | 4. Lucky or unlucky colors |
| ① ② ③ ④ ⑤ | 5. Lucky or unlucky objects or possessions |
| ① ② ③ ④ ⑤ | 6. The possibility that thinking or hearing of bad events can make them occur to yourself
others |
| ① ② ③ ④ ⑤ | 7. Certain words names, or images being able to cause bad luck |
| ① ② ③ ④ ⑤ | 8. Certain actions or behaviors being able to cause bad luck |
| ① ② ③ ④ ⑤ | 9. Being possessed |
| ① ② ③ ④ ⑤ | 10. Places, objects or people associated with unlucky occasions causing bad luck by
contact |
| ① ② ③ ④ ⑤ | 11. The need to perform certain activities a special number of times |
| ① ② ③ ④ ⑤ | 12. Lucky or unlucky mental arrangements of things |
| ① ② ③ ④ ⑤ | 13. Other: _____ |

VII. HEALTH AND BODY-FOCUSED OBSESSIONS

- | | |
|-----------|--|
| ① ② ③ ④ ⑤ | 1. Parts of your body are ugly or disfigured in some way |
| ① ② ③ ④ ⑤ | 2. Your body has scars or marks |
| ① ② ③ ④ ⑤ | 3. Question how certain parts of your body work or function |
| ① ② ③ ④ ⑤ | 4. A part of your body does not work properly or functions differently than it used to |
| ① ② ③ ④ ⑤ | 5. Parts of your body are asymmetrical |
| ① ② ③ ④ ⑤ | 6. Part(s) of your body is (are) too large or small |
| ① ② ③ ④ ⑤ | 7. You are overweight or underweight |

- | | |
|-----------|---|
| ① ② ③ ④ ⑤ | 8. You will choke or vomit accidentally |
| ① ② ③ ④ ⑤ | 9. You are going bald or have thinning hair |
| ① ② ③ ④ ⑤ | 10. Part(s) of your body is (are) aging prematurely |
| ① ② ③ ④ ⑤ | 11. Clothing does not fit certain parts of your body correctly (too loose or too tight) |
| ① ② ③ ④ ⑤ | 12. You have brain damage or your mental faculties are impaired |
| ① ② ③ ④ ⑤ | 13. You have undiagnosed serious illnesses. Which ones: _____ |
| ① ② ③ ④ ⑤ | 14. Other: _____ |

VIII. PERFECTIONISTIC OBSESSIONS

- | | |
|-----------|---|
| ① ② ③ ④ ⑤ | 1. Questioning whether you have said, done, or thought certain things perfectly |
| ① ② ③ ④ ⑤ | 2. Questioning whether others perfectly understand what you have said |
| ① ② ③ ④ ⑤ | 3. Wanting to do, think, or say everything (or certain things) perfectly |
| ① ② ③ ④ ⑤ | 4. Wanting to have a perfect appearance |
| ① ② ③ ④ ⑤ | 5. Wanting your clothes to fit perfectly |
| ① ② ③ ④ ⑤ | 6. Questioning whether you have told the truth perfectly |
| ① ② ③ ④ ⑤ | 7. Making or keeping your home or possessions perfectly clean or pristine |
| ① ② ③ ④ ⑤ | 8. Keeping your possessions in perfect order |
| ① ② ③ ④ ⑤ | 9. Ordering things or making them symmetrical |
| ① ② ③ ④ ⑤ | 10. Wanting to know everything about a specific subject or topic |
| ① ② ③ ④ ⑤ | 11. Perfectly understanding what you have read |
| ① ② ③ ④ ⑤ | 12. Perfectly communicating your thoughts through writing |
| ① ② ③ ④ ⑤ | 13. Other: _____ |

IX. NEUTRAL OBSESSIONS

- | | |
|-----------|---|
| ① ② ③ ④ ⑤ | 1. Sounds, words, or music |
| ① ② ③ ④ ⑤ | 2. Nonsense or trivial images |
| ① ② ③ ④ ⑤ | 3. Counting for no special reason |
| ① ② ③ ④ ⑤ | 4. Repetitive questions for which there are no answers or which are unimportant |
| ① ② ③ ④ ⑤ | 5. The excessive awareness of your own thought processes |
| ① ② ③ ④ ⑤ | 6. The awareness of specific things in your environment (sounds, colors, objects, etc.) |
| ① ② ③ ④ ⑤ | 7. Excessive awareness of normal body functioning (breathing, eyes blinking, heart, etc.) |
| ① ② ③ ④ ⑤ | 8. Excessive awareness of abnormal body functioning (ringing in ears, aches, stiffness, pains, etc) |
| ① ② ③ ④ ⑤ | 9. Other: _____ |