

The PISA Worksheet
Clarifying My Beliefs about a Possibly Immoral or Sinful Act (PISA)

Name: _____ Date: _____

A PISA is a behavior or internal experience (e.g., a thought) that you worry might be immoral or sinful. Use this Worksheet to help you clarify your beliefs about any PISA that leads you to spend a significant amount of time worrying, seeking reassurance, or engaging in compulsive rituals. Complete steps 1 & 2. If you answer “Yes” to step #2, also complete steps 3 & 4.

1. Describe the PISA:

2. Do you believe this PISA is ever immoral or sinful? (check one)

- ☐ No
- ☐ Yes always
- ☐ Yes, under the following conditions (specify):

3. What do you believe are the consequences of engaging in this PISA?

4. Once you have engaged in this PISA, is there anything you believe you can do to prevent or otherwise influence the consequences?
