

OCD CHECKLIST

Obsessions	Compulsions
<ul style="list-style-type: none"> <input type="checkbox"/> Unpleasant thoughts that come into my mind against my will often upset me. <input type="checkbox"/> I usually have doubts about the simple, everyday things that I do. <input type="checkbox"/> I have little control over my thoughts. <input type="checkbox"/> I worry that my bad thoughts will come true. <input type="checkbox"/> When I start worrying, I can't easily stop. <input type="checkbox"/> Insignificant events worry me too much. 	<ul style="list-style-type: none"> <input type="checkbox"/> I spend more time than most people cleaning, showering, or checking. <input type="checkbox"/> Other people have difficulty meeting my standards for order, cleanliness, safety, hard work, or decency. <input type="checkbox"/> It's hard for me to be sure I've done something even when I know I've done it. <input type="checkbox"/> I repeat certain actions over and over. <input type="checkbox"/> People think I'm a perfectionist, a "neat freak," a hypochondriac, superstitious, rigid, or a "pack rat."

General Obsessions

- I worry (with little reason) that my partner is doing something behind my back.
- I worry too much about hurting others' feelings or making people mad.
- I worry too much about household noises, how things feel, or other sensations.
- I worry about losing my wallet or unimportant objects, such as a scrap of notebook paper.
- I worry that I won't say things just right or use the "perfect" word.
- I worry about always doing "the right thing" or being honest, fair, or on time.
- I worry about salvation, having sinful thoughts, blaspheming, or other religious concerns.
- I am superstitious that saying or doing certain things can cause bad luck.
- I avoid "unlucky" numbers, places, or animals.
- I worry that some part of my body is hideously ugly despite reassurance to the contrary.

Aggressive or Sexual Obsessions

- I fear losing control with sharp objects, while driving, in high places, and in other ways.
- I fear I will harm others or hurt babies, or I get violent images in my mind.
- I avoid sharp or breakable objects such as knives, scissors, or glass.
- I worry that I will blurt out or write obscenities or insults, even though I never have.
- I worry that I might (accidentally) steal something.
- I have unwanted sexual thoughts about strangers, family, friends, children, or others.
- I get violent sexual images that I would never act out.
- I worry about being a homosexual for no actual reason.

Thinking and Counting Rituals

- I often have to repeat "good" thoughts or words to "erase" bad ones or to feel safe.
- I often find myself praying for nonreligious reasons or have to pray "the right way."
- I feel the need to confess to things I never did.
- I try to remember events in detail or make mental lists to prevent bad consequences.
- I count floor tiles, books, nails in walls, my teeth, or other things to relieve tension.

¹ Checklist was adapted from the questionnaire in *Stop Obsessing!* by Edna Foa and Reid Wilson (Bantam, 1991).

Checking and Repeating Rituals

- I worry that lack of due caution will cause some misfortune, such as a fire or burglary.
- I repeatedly check locks, windows, stoves, or other things to prevent misfortunes.
- I repeatedly search for news about any accidents caused by others or myself.
- When driving, I stop to check that I haven't (accidentally) hurt someone.
- I repeatedly ask or phone others for reassurance that everything is OK, that I haven't made them mad, that I haven't forgotten an appointment, or for other concerns.
- I repeat activities such as combing my hair or going in and out of doorways.
- I make sure I've repeated such activities the "right" number of times.
- I repeatedly check for mistakes while doing bookwork and worry about it later.
- I repeatedly check my body odor or appearance to make sure I'm acceptable.

Ordering and Cleaning Rituals

- I must have certain things around me set in a specific order or pattern.
- I always want my papers, pens, books, collections, or closets arranged just right.
- I spend much time putting things in the right place, and I reposition rugs, pictures, etc.
- I notice at once if things are out of place and get upset if others have rearranged them.
- I vacuum my house, dust, change sheets, or wash floors more than once a week.
- I spend a lot of time cleaning such things as faucets, counters, utensils, or my collections.
- I eat foods in a particular order for nonnutritional reasons.
- I follow a set order during baths or grooming and start over if that order is interrupted.

Germs, Dirt, Danger, or Contamination Rituals

- I worry about getting diseases from my own saliva, urine, feces, or other things.
- I worry about getting contaminated or contaminating others by coming in contact with radon, radioactive materials, toxins, dirt, insects, animals, or other substances.
- I avoid shaking hands, public restrooms, doorknobs, raw meat, cleansers, dirt, sticky substances, emptying the garbage, changing kitty litter, or other problem situations.
- I wash my hands many times a day or for long periods of time.
- I often take very long showers or baths and wash to decontaminate rather than to clean.

Hoarding Rituals

- I save old newspapers, notes, cans, paper towels, napkins, wrappers, or other items.
- I pick up useless objects from the street, garbage cans, garage sales, or other places.
- I have difficulty throwing things away for fear I may need them some day.
- Over the years my home has become cluttered with collections (that bother others).
- I worry excessively about saving money or food, even when I don't need to.

Health and Illness Rituals

- I repeatedly take my pulse, blood pressure, or temperature, or check for injuries.
- I worry that I have (or might get) an illness despite reassurance from doctors that I'm okay.

Rate the Impact of Obsessions and Rituals on Your Life

1. How much distress do your obsessions/rituals usually cause you? (0 = none; 10 = intense):
2. How often or how much do your thoughts or rituals interfere with social or work functioning?
 Never Slightly Somewhat Frequently Severely

