

My Feelings, Behaviors, and Thoughts OCD Worksheet

Client's Name: Lora P. Bishop Date: 9/08/2023

Therapist's : Dr. Ryle Kincaid

Instructions:

This worksheet is designed to help you, as a healthcare practitioner, better understand your client's experiences with Obsessive-Compulsive Disorder (OCD). Encourage your client to reflect on their feelings, behaviors, and thoughts related to OCD. This information will assist in tailoring their treatment plan effectively.

Feelings:

Please describe the emotions and feelings you experience in relation to your OCD. Rate the intensity of each feeling on a scale of 1 (mild) to 10 (severe).

Intensity	Emotions/Feelings
9	Anxiety: I experience intense anxiety daily, especially when intrusive thoughts begin.
8	Fear: Fear is a constant companion in my life with OCD. I fear contamination, causing h
7	Frustration: I become incredibly frustrated with myself for not being able to control my th
8	Shame: I feel ashamed of the irrational rituals I perform to ease my anxiety, and it's em
9	Guilt: Guilt is closely tied to my fear of harming others.
6	Sadness: The persistent nature of OCD has led to sadness.
4	Relief (after performing compulsions): I often experience temporary relief.
6	Other (specify): I also experience anger, especially when I can't perform my rituals due

Behaviors:

List the specific compulsive behaviors you engage in to alleviate their OCD-related distress. Describe the rituals, routines, or actions you perform regularly.

- **Compulsive Behavior #1:**

Checking and rechecking locks and appliances, especially before leaving home. I do this to ensure safety, but it can take me up to 30 minutes, and I repeat it multiple times.

- **Compulsive Behavior #2:**

Counting steps and objects around me. I count everything, from tiles on the floor to the number of items on a shelf. This ritual can be time-consuming and distracting.

- **Compulsive Behavior #3:**

Handwashing is a significant part of my daily routine. I often wash my hands until they become sore, fearing contamination.

- **Compulsive Behavior #4:**

Arranging objects meticulously, making sure they are perfectly aligned. This obsession with orderliness can be exhausting.

- **Compulsive Behavior #5:**

Repeatedly asking for reassurance from friends and family about various concerns, especially related to harm or accidents.

Thoughts:

Identify and describe the obsessive thoughts or mental images that occupy your mind. Provide examples of common obsessions you experience.

- **Obsession #1:**

The fear of accidentally harming someone, especially when handling sharp objects or driving. This thought terrifies me, and I can't stop thinking about it.

- **Obsession #2:**

The obsession with contamination and germs. I'm constantly worried about getting sick or spreading illness to others. This fear has intensified during the pandemic.

- **Obsession #3:**

Intrusive thoughts about loved ones being harmed. I know these thoughts are irrational, but they persist, causing tremendous distress.

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- **Obsession #5:**

Worrying about the safety of my home. I frequently fear that I left something dangerous unattended, leading to compulsive checking rituals.

Additional Notes:

Is there anything else you want to share regarding your OCD symptoms or experiences? Any triggers or situations that exacerbate your symptoms?

I want to add that my OCD symptoms often worsen when I'm under stress or facing major life changes. Additionally, the fear of judgment from others and the social stigma associated with OCD have made it challenging to seek help or open up about my condition. However, I'm committed to working with Dr. Kincaid to regain control over my life and manage these overwhelming feelings, behaviors, and thoughts effectively.