

Obsessive & Intrusive Thoughts

(Include Initial Valuation Level)

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| Fear of Contamination | Fearing dirt, germs, cancer, AIDS, bodily wastes, chemicals, radiation, sticky substances, or people and places | Ego-Dystonic Ideation | Putting poison in food, spreading illness, smothering a child, pushing a stranger in front of a car, running over a pedestrian |
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| | Setting fire to the house, flooding the house, losing something valuable, bankrupting the company | Fear of Behaving in a Socially Unacceptable Manner | Swearing, making sexual advances, saying the wrong thing |
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| Fear of Obsessing | Fear of getting “stuck” in an obsession in the future | | |
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COMPULSIVE, RITUALISTIC BEHAVIORS

(Include Initial SUD)

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| Checking/Safety | Repeatedly checking to see if light switches, appliances and faucets are off; if doors are locked; numbers are correct | Counting/Repeating | Counting to a certain number or counting objects over and over; repeatedly performing a behavior before being able to move from it |
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| Collecting/ Hoarding | Collecting old objects, mail or trash to the point of filling up one's home | Cleaning/Washing | Hand washing, showering or cleaning oneself repeatedly |
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| Arranging/ Organizing | Arranging items in perfect symmetry or in a certain order (for example, cans or books on shelves) | Compulsive Slowness | Excessive precision and caution |
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| Superstitious Rituals | Lucky numbers, avoiding "evil" projects, compulsive prayer | Compulsive Confessing | Apologizing, "telling all" |
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WORKING SYMPTOM HIERARCHY

| TRIGGER | OBSESSION | COMPULSION | FEAR TEMP. |
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