

Diary 1(c) OCD

Where and when?	How did I feel?	What was it like?	What did I do?
<p>When did I feel anxious? Where was I and what was I doing?</p>	<p>What emotion(s) did I feel? How strong were they? 1 (calm) – 10 (worst possible)</p>	<p>How did it feel in my body? What thoughts or pictures did I have in my mind?</p>	<p>How did I try to cope? How did I feel when I'd done this? 1 (calm) – 10 (worst feelings possible)</p>
<p>At home, trying to leave the house</p>	<p>Fear (Emotions: 9)</p>	<p>Tense and breathing fast. If I don't make sure that all the electrics are switched off the house could go up in flames. I can't afford the shame or the expense. I'm so worried I can see a picture of the burning house in my mind's eye.</p>	<p>Went back nine times (and was late for work). Still felt worried (Emotions: 8) so I called a friend and asked him to drive to the house to check it. (Emotions: 4)</p>
<p>At the shop doing the accounts for Sima who is on holiday</p>	<p>Worry and anxiety (Emotions: 8)</p>	<p>Tense, agitated. I must get this just right. I must keep checking. What if I get this muddled? I'll cause problems for the shop owners and they'll know that it was my fault.</p>	<p>Double-checked the figures (twice) and then told myself that Sima's bosses agreed to me doing this so they have to carry some of the responsibility if I make a mistake. (Emotions: 4)</p>