

THE 'CBT FOR OCD' QUIZ

1.15	... have an alcoholic drink or take tranquilising medication to make me feel calmer before I begin the task		
1.16	... make a plan of the tasks I need to complete with some indication of how hard I will find them (e.g., categorise tasks into ones that are easy, moderate and hard)		
1.17	... talk to myself in a harsh and critical tone of voice (e.g., tell myself to get through the task as quickly as I can)		
1.18	... be motivated and willing to engage in tasks that are challenging or difficult		
1.19	... just focus on cutting down on my compulsions and not on the situations or activities that I am avoiding or challenging		
1.20	... think about possible problems that may occur during a task and work out how to overcome them		
1.21	... tell myself repeatedly that what I am planning to do is likely to be safe or I will feel right		

<p><b>Section 2. What you do <i>during</i> the task when you feel the most anxiety or disgust</b></p> <p>In the first column answer True, False or Don't know</p> <p>In the second column, answer how often you do it this way now (whether you think it is helpful or not) according to the scale below</p> <p>1                      2                      3                      4                      5</p> <p>_____   _____   _____   _____   _____</p> <p>Never                      Rarely                      Sometimes                      Often                      Always</p>		<p><b>True, False or Don't know ('T', 'F' or '?')</b></p>	<p><b>How often you do it this way <i>now</i> (1-5)?</b></p>
<p><b>During the task, it is helpful to . . .</b></p>			
2.1	. . . try to <i>force myself</i> to relax and keep calm when I feel very anxious or 'not right'		
2.2	. . . <i>tolerate</i> the upsetting thoughts that I experience (remember thoughts includes images and feelings)		
2.3	. . . <i>distract</i> myself and try to avoid experiencing the upsetting thoughts		

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2.4	... <i>switch myself 'off'</i> as if I'm not in the situation		
2.5	... allow myself <i>just to notice</i> and experience any anxiety when it is triggered		
2.6	... keep telling myself repeatedly that the task is safe and will not be harmful		
2.7	... <i>try</i> to stop my upsetting thoughts, images or urges during the task		
2.8	... <i>accept</i> the doubt or uncertainty of whether the task is safe or whether something bad is going to happen		
2.9	... finish the task when I have found out what I needed to know or when I have learnt that I can tolerate the anxiety		
2.10	... try to <i>control</i> my thoughts during the task		
2.11	... try to <i>block</i> out any upsetting thoughts, images and feelings that I experience		
2.12	... be <i>critical</i> of myself for having upsetting thoughts		

OVERCOMING OBSESSIVE COMPULSIVE DISORDER

<p>In the first column answer True, False or Don't know</p> <p>In the second column, answer how often you do it this way now (whether you think it is helpful or not) according to the scale below</p> <p>1                      2                      3                      4                      5</p> <p> ----- ----- ----- ----- ----- </p> <p>Never                      Rarely                      Sometimes                      Often                      Always</p>			
2.13	... do the task just so that I don't upset my therapist or family members that care for me		
2.14	... <i>only ever</i> do the task with a therapist or person that I can trust		
2.15	... tell myself a phrase that will keep me feeling safe during the task		
2.16	... <i>be focused</i> on what I am thinking and feeling rather than just notice what's happening around me (e.g., to see whether I am <i>feeling</i> aroused if I am with a child; to see whether I <i>feel</i> comfortable that a door is locked)		

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2.17	... <i>transform</i> my thoughts, images or feelings into something else to make it feel safe or 'right'		
2.18	... <i>ask others</i> about whether or not they think what I am doing is safe		
2.19	... <i>just notice</i> my upsetting thoughts, images and feelings and not judge myself for having them and not respond to them		
2.20	... to <i>tell myself the facts rationally when I am most anxious and experience my most upsetting thoughts</i> (e.g., remind myself 'It's impossible to catch AIDS sitting on a toilet seat'; 'I couldn't have committed that murder as I was 500 miles away')		
2.21	... <i>label</i> the feelings that I have (e.g., 'OK, this is a feeling of anxiety')		
2.22	... <i>cancel out</i> the upsetting thought or image (e.g., I think a 'good' thought after a 'bad' one; or I conjure up a 'nice' image; or I recite a 'mantra' or phrase out aloud)		
2.23	... to <i>look very carefully</i> at the planned trigger to see whether it is safe or not		

<p><b>Section 3. What you do after the task</b></p> <p>In the first column answer True, False or Don't know</p> <p>In the second column, answer how often you do it this way now (whether you think it is helpful or not) according to the scale below</p> <p>1                      2                      3                      4                      5</p> <p>_____   _____   _____   _____   _____</p> <p>Never                      Rarely                      Sometimes                      Often                      Always</p>		How often you do it this way <i>now</i> (1-5)?
<p><b>After the task, it is helpful to . . .</b></p>		True, False or Don't know ('T', 'F' or '?')
3.1	. . . plan how to repeat the task in <i>different</i> anxiety-provoking or commonly avoided situations	
3.2	. . . <i>recognise my courage</i> for what I have achieved and for doing the task	
3.3	. . . <i>do</i> things that are meaningful and important to me even if I find them anxiety-provoking	

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3.4	... do something that will 'take away' the bad feelings that occurred (e.g., eat lots of food, drink alcohol, take tranquilising medication)		
3.5	... tell myself I should have done it better or earlier than I did		
3.6	... find out whether the task is less anxiety-provoking after doing it a few times		
3.7	... go at the <i>slowest</i> possible pace <i>very</i> gradually <i>in tiny steps</i> on a hierarchy of fear-provoking situations		
3.8	... reflect on whether or not the results of the task suggest a less threatening understanding of my problem (e.g., 'I am a person who is very worried about making bad things happen and therefore tries too hard to stop them from happening' rather than 'I am a bad person that can make bad things happen')		
3.9	... keep a record of what I did and reflect on what I learnt from the task (e.g., whether there was any difference between what I had predicted and what had happened, or whether the anxiety was manageable or not, or whether I lost control or became more or less confident in my memory etc.)		

OVERCOMING OBSESSIVE COMPULSIVE DISORDER

In the first column answer True, False or Don't know		In the second column, answer how often you do it this way now (whether you think it is helpful or not) according to the scale below				
		1	2	3	4	5
		Never	Rarely	Sometimes	Often	Always
3.10	... reflect on how I was stupid to put myself at risk or harm					
3.11	... pat myself on the back for the <i>effort</i> I put into the task even if it was not entirely successful					
3.12	... <i>keep asking others</i> whether what I did was safe or not right					
3.13	... keep my attention focused on any possible harm that might have occurred to see if I or others will be safe or not					
3.14	... look for new ways of triggering my anxiety and testing myself rather than waiting for it to happen on its own					



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3.15	... jump around my list of feared activities and sometimes choose harder ones and then sometimes choose easier ones in as many different situations as possible		
3.16	... <i>resist</i> any urge to check or think back over my actions		
3.17	... <i>check</i> or think back over what I did to make sure that the task was safe		
3.18	... <i>seek out</i> OCD triggers even if others consider them abnormal (e.g., if I have fears of contamination, eat food with my hands after touching a tap in a public washroom; if I have fears of stabbing someone, demonstrate I can use knives when my loved ones are right next to me; if I have superstitious thinking, try to wish bad things into happening)		
3.19	... leave <i>long gaps</i> between the task I have just done and the next one		
3.20	... <i>undo</i> the task to make myself feel safe or complete (e.g., measures to prevent or remove contact from 'contaminants' – using gloves; Dettol wipes – or recreate the desired tidiness, order or symmetry)		
3.21	... focus on what I <i>failed</i> to do in the tasks and how others will now see me as a failure		

<p><b>Section 4. In this section we ask about what you believe is helpful to do after you do a compulsion (examples of compulsions are repeatedly checking that a door is locked in response to a doubt; repeatedly searching for reassurance; washing your hands when you feel contaminated; neutralising your distressing thoughts; feeling compelled to do things in a specific order or to repeat an action)</b></p> <p>In the first column answer True, False or Don't know</p> <p>In the second column, answer how often you do it (whether you think it is helpful or not) according to the scale below</p> <p style="text-align: center;">             1                      2                      3                      4                      5               ----- ----- ----- ----- -----               Never                      Rarely                      Sometimes                      Often                      Always         </p>					<p><b>How often you do it this way now (1-5)?</b></p>	
<p><b>If I do a compulsion it is helpful to . . .</b></p>					<p><b>True, False or Don't know ('T', 'F' or '?')</b></p>	
4.1	<p>. . . finish the compulsion when I feel 'comfortable' or 'just right' or 'complete'</p>					
4.2	<p>. . . aim to cut down on the compulsion <i>very gradually in tiny steps</i> (e.g., from 100 to 95 times a day)</p>					

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4.3	... if possible, immediately do another task that is anxiety provoking after I have done my compulsion (e.g., touch the contaminant; create disorder; re-experience the thought)		
4.4	... be <i>angry</i> and <i>frustrated</i> with myself for doing a compulsion when I know I shouldn't be doing it		
4.5	... then <i>avoid</i> certain objects or activity (for example if I do a washing compulsion then I avoid touching things to stop myself being contaminated again)		
4.6	... <i>speed up</i> my compulsions so that I can just get through them quicker		
4.7	... judge myself as a <i>failure</i> and think about all the other occasions I have got it wrong or what others will think of me		
4.8	... <i>accept</i> that it is not my fault – it is my responsibility to change but it is not my fault that I have OCD		
4.9	... resist the compulsion, then <i>pass on responsibility</i> to somebody else (e.g., if I resist checking a lock, then I ask someone else to lock up or to check that the door is locked)		