

Am I really horrible, or in extreme danger - or COULD THIS BE OCD?

If in doubt – check it out!

All OCD thoughts / obsessions have the same characteristics. One of the most annoying things is that on some level we absolutely *know* they are false alarms – meaningless – have that '*I know it's crazy, but...*' aspect to it. The **good news** is that this makes them really easy to identify once we know what the characteristics are.

The reason we don't immediately spot them is because they come with a **huge** dose of anxiety – fast heart beat, breathless, feeling sick... you know what I mean!

However if we could really make the effort to check out their characteristics against OCD, this could ultimately help us with the anxiety reaction! **We would know that even though it feels 100% real/ horrible/ scary, it's actually the same old OCD false alarm!**

OK! So what are the many cast iron, repetitive, cannot be misconstrued, really familiar, 100% positively (couldn't be anything else but) characteristics of OCD? I have listed twenty(!) and left some space for your own individual ones. Customise this list – you're the expert! Discuss with a friend or therapist, **cross out any that don't apply to you – add your own familiar OCDs in!**

So you're having all the usual worries... before you check out the 'COULD THIS BE OCD?' tick boxes, how much do you believe that the horrible thoughts you are having are real, 100%, truth?

Rate your belief that the thought is <u>real</u> and not just OCD (100 = definitely real)	__ %
YES, MY OCD IS ALWAYS, ALWAYS, ALWAYS, ALWAYS LIKE THIS!!!	✓
Does the thought start with "What if...?"	
Am I experiencing massive doubt ?	
Am I exaggerating risk – or not thinking about what it is I'm ultimately scared of?	
Am I viewing my thoughts as real ?	
Just because it <i>feels</i> terrible, could I be confusing facts with feelings ?	
Am I trying to control my thoughts – to stop or not have a thought ?	
Am I seeking perfection – maybe a ' perfect memory '?	
Am I taking inappropriate over-responsibility for stuff?	
Am I assuming that because I think it – it is more likely to happen?	
Am I tempted to believe that thinking this thought is as bad as doing it ?	
Am I tempted to do stuff to prevent my thought happening? Or not do stuff – to avoid ?	
Am I tempted to think that I am a bad person for having this thought?	
Am I worried that having this thought means I'll lose control and do it?	
Am I tempted to check more than once ?	
Am I tempted to seek reassurance from someone?	
Am I feeling really BAD ?	
Is this actually a really unrealistic fear?	
Is this a really familiar (bad) feeling?	
Is this really habitual ?	
Is this anxiety fuelling ?	
<i>For example: Does the thought tell me I might have killed someone when driving?</i>	
Now <u>re-rate your belief</u> that it is real and not just OCD, (100 = definitely real)	__%