

Name _____

Date _____

OBSessional THOUGHTS

Identify the three most troublesome, intrusive thoughts that you would like to work on:

1**2****3****COMPULSIONS/RITUALS**

Identify the three most noticeable compulsions or rituals that you would like to alter or resist:

1**2****3****AVOIDANCE**

Identify three situations that you deliberately avoid so as to reduce your anxiety:

1**2****3**