

# Understanding Your OCD

**Obsessions: Unpleasant or upsetting thoughts, images, or feelings that you can't easily push away or ignore**

Are there things that you think about that you wish you didn't:

Do you have thoughts or ideas that scare you or upset you, but you can't stop them or you keep having them:

Do scary or upsetting images pop into your head that you can't ignore or you can't stop from happening:

Do you have doubts or feelings that upset you or scare you, but you can't stop them or you keep having them:

**Compulsions: Things you do to try and stop feeling the fear, shame, anxiety, or disgust caused by an obsession- but you feel like you must keep doing them over and over again to feel okay**

Are there things you often do to get rid of upsetting thoughts, or images:

Are there things you often do to stop bad things from happening or to stop feeling scared, upset, ashamed etc. :

Do you do anything to make yourself feel better that doesn't make sense to you:

Do you try to avoid things that may trigger these actions, or that may trigger your unwanted & upsetting thoughts: