OCD Appraisal Tracking Form

Part of the ERP is addressing the meaning or appraisal given to an obsession or unwanted mental intrusion. The meaning given to these

Date: __

Client's Initials: ___

thoughts often reflect an overarching belief, such as "things must be 'just right' in		
order to be comfortable". Often, these appraisals are faulty and contribute to larger than normal amounts of anxiety. Identifying, challenging, and creating adaptive alternatives to faulty appraisals can improve OCD symptom management.		
Use the space below to identify faulty appraisals associated with obsessions and work to create new, more adaptive appraisals. For example, an adaptive alternative to the "just right" belief is "I can do things even if I don't feel entirely comfortable".		
Common faulty appraisals include: Intolerance of Uncertainty, Overestimation of Threat, Overestimation of Responsibility, Thought-Action Fusion, Need to Control Thoughts, Intolerance of Anxiety, The "Just Right" Error (Perfectionism), and Emotional Reasoning.		
Obsession	Faulty Appraisal	Adaptive Alternative

Carolina Anxiety & OCD