

**Updated  
Edition**

**Jonathan Grayson, PhD**

Director, Grayson LA Treatment Center for Anxiety and OCD

**FREEDOM FROM  
OBSESSIVE-  
COMPULSIVE  
DISORDER**

**Updated  
Edition**

**FREEDOM FROM  
OBSESSIVE-COMPULSIVE DISORDER**  
A Personalized Recovery Program for Living with Uncertainty

**Jonathan Grayson, PhD**

**B  
BERKLEY**

A Personalized Recovery  
Program for Living with  
Uncertainty

"This book is NOT JUST for OCD sufferers. Many of us have fleeting glimpses of being stuck in our minds. Jon Grayson's cutting-edge approach can help all of us learn to confront our fears as we learn to live in the moment."

—Dr. Mehmet Oz

**OBSESSIVE CONCERNS CHECKLIST\***

For some people certain thoughts may seem to occur against their will, and they cannot get rid of them. Only endorse thoughts that: you perform excessively, are undesirable to you, you attempt to resist doing, and have interfered with your functioning in some way.

Instructions: Rate the thoughts listed below from 1 to 5, according to the degree of disturbance during the past week:

- ① This thought does not trouble me at all.
- ② This thought rarely troubles me (once a week or less).
- ③ This thought often troubles me (several times weekly).
- ④ This thought troubles me very often (daily).
- ⑤ This thought troubles me continually (all waking hours).

**1. AGGRESSIVE OBSESSIONS**

- ① ② ③ ④ ⑤ 1. Actively harming others intentionally
- ① ② ③ ④ ⑤ 2. Harming yourself intentionally
- ① ② ③ ④ ⑤ 3. Going crazy and harming others
- ① ② ③ ④ ⑤ 4. Violent or repulsive images, thoughts, or words
- ① ② ③ ④ ⑤ 5. Blurting out obscenities or insults
- ① ② ③ ④ ⑤ 6. Making embarrassing or obscene gestures
- ① ② ③ ④ ⑤ 7. Writing obscenities
- ① ② ③ ④ ⑤ 8. Acting out in antisocial ways in public
- ① ② ③ ④ ⑤ 9. Having insulted or offended others
- ① ② ③ ④ ⑤ 10. Acting on impulses to rob, steal from, take advantage of, or cheat others
- ① ② ③ ④ ⑤ 11. Rejecting, divorcing, or being unfaithful to a loved one
- ① ② ③ ④ ⑤ 12. Deliberately hoping that others will have accidents, become ill, or die
- ① ② ③ ④ ⑤ 13. Other: \_\_\_\_\_

\* Adapted and modified from Fred Penzel, Ph.D., *Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well* (New York: Oxford University Press, 2000).

**2. SEXUAL OBSESSIONS**

- ① ② ③ ④ ⑤ 1. Forbidden or perverse thoughts, images, or impulses
- ① ② ③ ④ ⑤ 2. Sex with children
- ① ② ③ ④ ⑤ 3. Sex with animals
- ① ② ③ ④ ⑤ 4. Incest
- ① ② ③ ④ ⑤ 5. Being homosexual or acting homosexually
- ① ② ③ ④ ⑤ 6. Doubt about your sexual identity
- ① ② ③ ④ ⑤ 7. Sex with religious figures or celebrities
- ① ② ③ ④ ⑤ 8. Acting sexually toward others
- ① ② ③ ④ ⑤ 9. Doubt about possibly having acted sexually toward others
- ① ② ③ ④ ⑤ 10. Doubt about possibly having been acted upon sexually by others
- ① ② ③ ④ ⑤ 11. Other: \_\_\_\_\_

**3. CONTAMINATION OBSESSIONS**

- ① ② ③ ④ ⑤ 1. Bodily waste or secretions (feces, urine, saliva, perspiration, blood, semen, etc.)
- ① ② ③ ④ ⑤ 2. Dirt or grime
- ① ② ③ ④ ⑤ 3. Germs, bacteria, or viruses
- ① ② ③ ④ ⑤ 4. Environmental contaminants (asbestos, lead, radiation, toxic waste, etc.)
- ① ② ③ ④ ⑤ 5. Household chemicals (cleansers, solvents, drain openers, insecticides, etc.)
- ① ② ③ ④ ⑤ 6. Auto exhaust or other poisonous gases
- ① ② ③ ④ ⑤ 7. Garbage, refuse, or their containers
- ① ② ③ ④ ⑤ 8. Grease or greasy items
- ① ② ③ ④ ⑤ 9. Sticky substances
- ① ② ③ ④ ⑤ 10. Medication, or the effects of having ingested medication in the past
- ① ② ③ ④ ⑤ 11. Your food or drink having been tampered with by others
- ① ② ③ ④ ⑤ 12. Broken glass
- ① ② ③ ④ ⑤ 13. Poisonous plants
- ① ② ③ ④ ⑤ 14. Contact with live animals

- ① ② ③ ④ ⑤ 15. Contact with dead animals
- ① ② ③ ④ ⑤ 16. Contact with insects
- ① ② ③ ④ ⑤ 17. Contact with other people
- ① ② ③ ④ ⑤ 18. Contact with unclean or shabby-looking people
- ① ② ③ ④ ⑤ 19. Contracting an unspecified illness
- ① ② ③ ④ ⑤ 20. Contracting a specific illness: \_\_\_\_\_
- ① ② ③ ④ ⑤ 21. Spreading illness to or contaminating others
- ① ② ③ ④ ⑤ 22. Hospitals, doctor's offices, and health care workers
- ① ② ③ ④ ⑤ 23. Leaving or spreading an essence or trace of yourself behind on objects or others
- ① ② ③ ④ ⑤ 24. Being contaminated by thoughts of harm happening to yourself or others
- ① ② ③ ④ ⑤ 25. A specific person or place felt to be contaminated in some nonspecific way
- ① ② ③ ④ ⑤ 26. Being contaminated by certain words: \_\_\_\_\_
- ① ② ③ ④ ⑤ 27. Being contaminated by the names of certain illnesses
- ① ② ③ ④ ⑤ 28. Being contaminated by seeing an ill or disabled person
- ① ② ③ ④ ⑤ 29. Being contaminated by the memory of a person who has died
- ① ② ③ ④ ⑤ 30. Being contaminated by certain numbers or their multiples
- ① ② ③ ④ ⑤ 31. Being contaminated by certain colors
- ① ② ③ ④ ⑤ 32. Your belongings being contaminated by having been present or used when something unpleasant was occurring
- ① ② ③ ④ ⑤ 33. Being contaminated by evil or the devil
- ① ② ③ ④ ⑤ 34. Other: \_\_\_\_\_

**4. RELIGIOUS OBSESSIONS**

- ① ② ③ ④ ⑤ 1. Being deliberately sinful or blasphemous
- ① ② ③ ④ ⑤ 2. Doubtful thoughts as to whether you have acted sinfully or blasphemously in the past
- ① ② ③ ④ ⑤ 3. Fears of having acted sinfully or unethically

- ① ② ③ ④ ⑤ 4. Doubting your faith or beliefs
- ① ② ③ ④ ⑤ 5. Unacceptable thoughts about religious figures, religion, or deities
- ① ② ③ ④ ⑤ 6. Thoughts of being possessed
- ① ② ③ ④ ⑤ 7. Thoughts of having to be perfectly religious
- ① ② ③ ④ ⑤ 8. Other: \_\_\_\_\_

**5. OBSESSIONS OF HARM, DANGER, LOSS, OR EMBARRASSMENT**

- ① ② ③ ④ ⑤ 1. Having an accident or illness, or being injured
- ① ② ③ ④ ⑤ 2. An accident, illness, or injury happening to someone else
- ① ② ③ ④ ⑤ 3. Accidentally losing control and harming others
- ① ② ③ ④ ⑤ 4. Accidentally losing control and harming yourself
- ① ② ③ ④ ⑤ 5. Causing harm to others through your own negligence or carelessness
- ① ② ③ ④ ⑤ 6. Causing harm to others through your thoughts
- ① ② ③ ④ ⑤ 7. Causing harm to yourself through your own negligence or carelessness
- ① ② ③ ④ ⑤ 8. Causing harm to yourself through your thoughts
- ① ② ③ ④ ⑤ 9. Never being able to be happy, or never being able to get what you want in life
- ① ② ③ ④ ⑤ 10. Doubt about whether you have somehow harmed or injured others in the past
- ① ② ③ ④ ⑤ 11. Being deliberately harmed by others
- ① ② ③ ④ ⑤ 12. Being rejected by a loved one
- ① ② ③ ④ ⑤ 13. Being cheated or taken advantage of by others
- ① ② ③ ④ ⑤ 14. Having somehow cheated or taken advantage of others
- ① ② ③ ④ ⑤ 15. Having insulted or offended others
- ① ② ③ ④ ⑤ 16. Objects in your environment having been moved or changed in unexplainable ways
- ① ② ③ ④ ⑤ 17. Damage or theft of your property
- ① ② ③ ④ ⑤ 18. Losing or misplacing your property
- ① ② ③ ④ ⑤ 19. Forgetting information (memories, facts, appointments, etc.)

- ① ② ③ ④ ⑤ 20. Being trapped in an unsatisfactory life or relationship
- ① ② ③ ④ ⑤ 21. Being looked at or noticed by others in a critical way
- ① ② ③ ④ ⑤ 22. Acting inappropriately in public
- ① ② ③ ④ ⑤ 23. Your own mortality
- ① ② ③ ④ ⑤ 24. The mortality of your family and friends
- ① ② ③ ④ ⑤ 25. Your children not being your own
- ① ② ③ ④ ⑤ 26. Other: \_\_\_\_\_

**6. SUPERSTITIOUS OR MAGICAL OBSESSIONS**

- ① ② ③ ④ ⑤ 1. Having bad luck
- ① ② ③ ④ ⑤ 2. Bad luck happening to someone else
- ① ② ③ ④ ⑤ 3. Lucky or unlucky numbers or their multiples
- ① ② ③ ④ ⑤ 4. Lucky or unlucky colors
- ① ② ③ ④ ⑤ 5. Lucky or unlucky objects or possessions
- ① ② ③ ④ ⑤ 6. The possibility that thinking or hearing about bad events can make them occur to yourself or others
- ① ② ③ ④ ⑤ 7. Certain words, names, or images being able to cause bad luck
- ① ② ③ ④ ⑤ 8. Certain actions or behaviors being able to cause bad luck
- ① ② ③ ④ ⑤ 9. Being possessed
- ① ② ③ ④ ⑤ 10. Places, objects, or people associated with unlucky occasions causing bad luck by contact
- ① ② ③ ④ ⑤ 11. The need to perform certain activities a special number of times
- ① ② ③ ④ ⑤ 12. Lucky or unlucky mental arrangements of things
- ① ② ③ ④ ⑤ 13. Other: \_\_\_\_\_

**7. HEALTH AND BODY-FOCUSED OBSESSIONS**

- ① ② ③ ④ ⑤ 1. Parts of your body are ugly or disfigured in some way
- ① ② ③ ④ ⑤ 2. Your body gives off a bad odor (e.g., breath, armpits, genitals, etc.)
- ① ② ③ ④ ⑤ 3. Your body has scars or marks

- ① ② ③ ④ ⑤ 4. Questioning how certain parts of your body work or function
- ① ② ③ ④ ⑤ 5. A part of your body does not work properly or functions differently than it used to
- ① ② ③ ④ ⑤ 6. Parts of your body are asymmetrical
- ① ② ③ ④ ⑤ 7. Part(s) of your body is (are) too large or too small
- ① ② ③ ④ ⑤ 8. You are overweight or underweight
- ① ② ③ ④ ⑤ 9. You will choke or vomit accidentally
- ① ② ③ ④ ⑤ 10. You are going bald or have thinning hair
- ① ② ③ ④ ⑤ 11. Part(s) of your body is (are) aging prematurely
- ① ② ③ ④ ⑤ 12. Clothing does not fit certain parts of your body correctly (too loose or too tight)
- ① ② ③ ④ ⑤ 13. You have brain damage or your mental faculties are impaired
- ① ② ③ ④ ⑤ 14. You have undiagnosed serious illnesses. Which ones?  
\_\_\_\_\_
- ① ② ③ ④ ⑤ 15. Other: \_\_\_\_\_

**8. PERFECTIONISTIC OBSESSIONS**

- ① ② ③ ④ ⑤ 1. Questioning whether you have said, done, or thought certain things perfectly
- ① ② ③ ④ ⑤ 2. Questioning whether others perfectly understand what you have said
- ① ② ③ ④ ⑤ 3. Wanting to do, think, or say everything (or certain things) perfectly
- ① ② ③ ④ ⑤ 4. Wanting to have a perfect appearance
- ① ② ③ ④ ⑤ 5. Wanting your clothes to fit perfectly
- ① ② ③ ④ ⑤ 6. Questioning whether you have told the truth perfectly
- ① ② ③ ④ ⑤ 7. Making or keeping your home or possessions perfectly clean or pristine
- ① ② ③ ④ ⑤ 8. Keeping your possessions in perfect order
- ① ② ③ ④ ⑤ 9. Ordering things or making them symmetrical
- ① ② ③ ④ ⑤ 10. Wanting to know everything about a specific subject or topic

- ① ② ③ ④ ⑤ 11. Perfectly understanding what you have read
- ① ② ③ ④ ⑤ 12. Perfectly communicating your thoughts through writing
- ① ② ③ ④ ⑤ 13. Other: \_\_\_\_\_

**9. NEUTRAL OBSESSIONS**

- ① ② ③ ④ ⑤ 1. Sounds, words, or music
- ① ② ③ ④ ⑤ 2. Nonsense or trivial images
- ① ② ③ ④ ⑤ 3. Counting for no special reason
- ① ② ③ ④ ⑤ 4. Repetitive questions which are unimportant or for which there are no answers
- ① ② ③ ④ ⑤ 5. Excessive awareness of your own thought processes
- ① ② ③ ④ ⑤ 6. Awareness of specific things in your environment (sounds, colors, objects, people, etc.)
- ① ② ③ ④ ⑤ 7. Excessive awareness of normal body functioning (breathing, eyes blinking, heartbeat, etc.)
- ① ② ③ ④ ⑤ 8. Excessive awareness of abnormal body functioning (ringing in ears, aches, stiffness, pains, etc.)
- ① ② ③ ④ ⑤ 9. Other: \_\_\_\_\_

**COMPULSIVE ACTIVITIES CHECKLIST\***

Instructions: Rate each activity on the scale below from 1 to 5, according to how much impairment is present due to obsessive-compulsive symptoms. Impairment can be the result of how long it takes to complete an activity, how often you repeat the activity, or how much you avoid the activity.

- ① I have no problem with this activity: It takes me about the same amount of time as most people; there's no need to repeat it and/or avoid it.
- ② I have minor problems with this activity: It takes me a little longer than most people; I may repeat it a few times and/or sometimes avoid it.
- ③ I have moderate problems with this activity: It takes me moderately longer than most people; I often repeat it numerous times and/or often avoid it.
- ④ I have problems with this activity very often: It takes me much longer than most people; I frequently repeat it many times and/or frequently avoid it.
- ⑤ I have almost constant problems with this activity: It takes me very long compared to most people, or I'm unable to complete it; I almost always repeat it an extreme number of times or almost always avoid it.

**1. DECONTAMINATION COMPULSIONS**

- ① ② ③ ④ ⑤ 1. Washing your hands ritually and/or excessively
- ① ② ③ ④ ⑤ 2. Bathing or showering ritually and/or excessively
- ① ② ③ ④ ⑤ 3. Disinfecting yourself
- ① ② ③ ④ ⑤ 4. Brushing your teeth to remove contamination
- ① ② ③ ④ ⑤ 5. Disinfecting others or having them disinfect themselves
- ① ② ③ ④ ⑤ 6. Disinfecting and/or cleaning your environment or your possessions

\* Adapted and modified from Fred Penzel, Ph.D., *Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well* (New York: Oxford University Press, 2000).

- ① ② ③ ④ ⑤ 7. Washing or cleaning items before they can be used or allowed in the house
- ① ② ③ ④ ⑤ 8. Changing or having others change clothing frequently to avoid contamination
- ① ② ③ ④ ⑤ 9. Discarding or destroying potentially contaminated items
- ① ② ③ ④ ⑤ 10. Wiping, blowing on, or shaking out items before using them
- ① ② ③ ④ ⑤ 11. Avoiding certain foods that may be contaminated
- ① ② ③ ④ ⑤ 12. Avoiding specific people, places, or objects that may be contaminated
- ① ② ③ ④ ⑤ 13. Using gloves, paper, etc., as a barrier when touching things
- ① ② ③ ④ ⑤ 14. Having family or friends perform any of the above on your behalf
- ① ② ③ ④ ⑤ 15. Performing, reciting, or thinking ritually to avoid or remove contamination
- ① ② ③ ④ ⑤ 16. Excessively questioning others about contamination
- ① ② ③ ④ ⑤ 17. Using public telephones
- ① ② ③ ④ ⑤ 18. Touching door handles in public places
- ① ② ③ ④ ⑤ 19. Handling or cooking food
- ① ② ③ ④ ⑤ 20. Washing dishes
- ① ② ③ ④ ⑤ 21. Washing clothing
- ① ② ③ ④ ⑤ 22. Handling money
- ① ② ③ ④ ⑤ 23. Handling garbage or wastebaskets
- ① ② ③ ④ ⑤ 24. Traveling on public transportation (buses, trains, taxis, etc.)
- ① ② ③ ④ ⑤ 25. Using the toilet to urinate
- ① ② ③ ④ ⑤ 26. Using the toilet to defecate
- ① ② ③ ④ ⑤ 27. Using public restrooms
- ① ② ③ ④ ⑤ 28. Visiting a hospital
- ① ② ③ ④ ⑤ 29. Eating in restaurants
- ① ② ③ ④ ⑤ 30. Going to the movies
- ① ② ③ ④ ⑤ 31. Other: \_\_\_\_\_

**2. CHECKING COMPULSIONS**

- ① ② ③ ④ ⑤ 1. Doors and windows
- ① ② ③ ④ ⑤ 2. Water taps
- ① ② ③ ④ ⑤ 3. Electrical appliances
- ① ② ③ ④ ⑤ 4. Stoves
- ① ② ③ ④ ⑤ 5. Light switches
- ① ② ③ ④ ⑤ 6. Car doors, windows, headlights, etc.
- ① ② ③ ④ ⑤ 7. Items to be mailed or mailboxes
- ① ② ③ ④ ⑤ 8. Whereabouts of sharp objects
- ① ② ③ ④ ⑤ 9. Extinguished cigarettes or matches
- ① ② ③ ④ ⑤ 10. The arrangement of objects for symmetry or perfection
- ① ② ③ ④ ⑤ 11. Surfaces or objects for marks or damage
- ① ② ③ ④ ⑤ 12. Objects, surfaces, or your own body parts for contamination
- ① ② ③ ④ ⑤ 13. Repetitive praying or crossing yourself
- ① ② ③ ④ ⑤ 14. What you have read
- ① ② ③ ④ ⑤ 15. Your paperwork or writing for errors
- ① ② ③ ④ ⑤ 16. Your writing for obscenities or errors
- ① ② ③ ④ ⑤ 17. Filling out forms
- ① ② ③ ④ ⑤ 18. Doing arithmetic
- ① ② ③ ④ ⑤ 19. Counting money and/or making change
- ① ② ③ ④ ⑤ 20. Driving situations (to verify that you did not hit someone or something with a vehicle)
- ① ② ③ ④ ⑤ 21. Your own or another's vital signs or body (for signs of illness)
- ① ② ③ ④ ⑤ 22. For possible hazards to children
- ① ② ③ ④ ⑤ 23. The possibility that unspecified harm will occur to yourself or others
- ① ② ③ ④ ⑤ 24. Frequent phone calls to family and loved ones to ensure that they are safe
- ① ② ③ ④ ⑤ 25. The possibility that you may have harmed yourself or others accidentally or through negligence
- ① ② ③ ④ ⑤ 26. Whether or not someone has acted sexually toward you

- ① ② ③ ④ ⑤ 27. Whether or not you have acted sexually toward someone else
- ① ② ③ ④ ⑤ 28. For prowlers (in closets, under the bed, etc.)
- ① ② ③ ④ ⑤ 29. For objects dropped accidentally
- ① ② ③ ④ ⑤ 30. That valuable items were not accidentally thrown away
- ① ② ③ ④ ⑤ 31. That you haven't left anything behind when you leave a place
- ① ② ③ ④ ⑤ 32. Container tops or lids for closure
- ① ② ③ ④ ⑤ 33. That you did not injure another through negligence
- ① ② ③ ④ ⑤ 34. Your own words or actions (to verify that you did not act inappropriately)
- ① ② ③ ④ ⑤ 35. Your own memory (by asking yourself or others)
- ① ② ③ ④ ⑤ 36. That you have made the perfect decision
- ① ② ③ ④ ⑤ 37. Repetitively apologizing or asking for forgiveness
- ① ② ③ ④ ⑤ 38. That you have not touched something hazardous or contaminated
- ① ② ③ ④ ⑤ 39. Yourself or your environment for signs of contamination
- ① ② ③ ④ ⑤ 40. For sources of dangerous gases or fumes
- ① ② ③ ④ ⑤ 41. That you have not ingested foods that are unhealthy or forbidden
- ① ② ③ ④ ⑤ 42. Your food or drink for drugs or chemicals put there by others or by accident
- ① ② ③ ④ ⑤ 43. Your phone for eavesdroppers
- ① ② ③ ④ ⑤ 44. Following your spouse or lover to make sure they are being faithful
- ① ② ③ ④ ⑤ 45. The mail, e-mail, or phone usage of your spouse or lover to make sure they are being faithful
- ① ② ③ ④ ⑤ 46. Questioning the whereabouts of your spouse or lover to make sure they are being faithful
- ① ② ③ ④ ⑤ 47. Watching who your spouse or lover looks at (in public or in movies, TV, and magazines) to make sure they are not being unfaithful
- ① ② ③ ④ ⑤ 48. Other: \_\_\_\_\_

**3. MAGICAL/UNDOING COMPULSIONS**

- ① ② ③ ④ ⑤ 1. Reciting or thinking of certain words, names, sounds, phrases, numbers, or images
- ① ② ③ ④ ⑤ 2. Moving your body or gesturing in a special way
- ① ② ③ ④ ⑤ 3. Having to mentally arrange certain images, numbers, words, names, etc.
- ① ② ③ ④ ⑤ 4. Having to physically arrange objects in your environment in special ways
- ① ② ③ ④ ⑤ 5. Stepping in special ways or on special spots when walking
- ① ② ③ ④ ⑤ 6. Repeating an activity with a good thought or image in mind
- ① ② ③ ④ ⑤ 7. Performing actions or movements in reverse
- ① ② ③ ④ ⑤ 8. "Washing off" ideas or thoughts
- ① ② ③ ④ ⑤ 9. Rethinking thoughts
- ① ② ③ ④ ⑤ 10. Thinking thoughts in reverse
- ① ② ③ ④ ⑤ 11. Having to eat or not eat certain foods
- ① ② ③ ④ ⑤ 12. Gazing at or thinking of certain numbers or words to cancel others out
- ① ② ③ ④ ⑤ 13. Gazing at objects in a special way
- ① ② ③ ④ ⑤ 14. Touching certain things in a special way
- ① ② ③ ④ ⑤ 15. Other: \_\_\_\_\_

**4. PERFECTIONISTIC COMPULSIONS**

- ① ② ③ ④ ⑤ 1. Arranging objects or possessions in special or symmetrical ways
- ① ② ③ ④ ⑤ 2. Keeping new possessions unused and in perfect condition
- ① ② ③ ④ ⑤ 3. Only buying items that are perfect
- ① ② ③ ④ ⑤ 4. Returning items with minor flaws
- ① ② ③ ④ ⑤ 5. Keeping your home or living space perfectly clean and orderly
- ① ② ③ ④ ⑤ 6. Putting laundry away
- ① ② ③ ④ ⑤ 7. Avoiding the use of rooms, closets, drawers, etc., once they have been arranged perfectly

- ① ② ③ ④ ⑤ 8. Keeping your possessions perfectly neat and clean
- ① ② ③ ④ ⑤ 9. Perfectly and neatly arranging items in drawers, closets, or cabinets
- ① ② ③ ④ ⑤ 10. Saying things perfectly
- ① ② ③ ④ ⑤ 11. Remembering or memorizing things perfectly or in a special order
- ① ② ③ ④ ⑤ 12. Reading or rereading every word in a document to avoid missing anything
- ① ② ③ ④ ⑤ 13. Knowing or learning everything about a particular subject
- ① ② ③ ④ ⑤ 14. Remaking decisions to ensure picking the perfect one
- ① ② ③ ④ ⑤ 15. Rewriting or writing over numbers or letters to make them perfect
- ① ② ③ ④ ⑤ 16. Performing ordinary activities extra slowly to get them done perfectly
- ① ② ③ ④ ⑤ 17. Thinking of certain things perfectly or exactly
- ① ② ③ ④ ⑤ 18. Being perfectly religious
- ① ② ③ ④ ⑤ 19. Punishing or penalizing yourself when you do not behave perfectly
- ① ② ③ ④ ⑤ 20. Being perfectly self-denying
- ① ② ③ ④ ⑤ 21. Looking at certain things in the environment in a special or perfect way (visually tracing or lining things up, etc.)
- ① ② ③ ④ ⑤ 22. Being perfectly aware of everything that's going on around you in your environment
- ① ② ③ ④ ⑤ 23. Telling the truth or being perfectly honest
- ① ② ③ ④ ⑤ 24. Perfectly confessing all your thoughts or behaviors to others
- ① ② ③ ④ ⑤ 25. Confessing to having done wrongful things, whether you have done them or not
- ① ② ③ ④ ⑤ 26. Making your appearance perfect (for example, hair, nails, clothes, makeup, etc.)
- ① ② ③ ④ ⑤ 27. Cutting your hair (to make it perfect or symmetrical)
- ① ② ③ ④ ⑤ 28. Performing activities until they feel just right

① ② ③ ④ ⑤ 29. Keeping extensive lists or records of certain things

① ② ③ ④ ⑤ 30. Only performing certain activities at perfect times

① ② ③ ④ ⑤ 31. Other: \_\_\_\_\_

#### 5. COUNTING COMPULSIONS

① ② ③ ④ ⑤ 1. While performing certain activities

① ② ③ ④ ⑤ 2. Repeating behaviors a special number of times

① ② ③ ④ ⑤ 3. Performing behaviors an odd or even number of times

① ② ③ ④ ⑤ 4. To ensure that an activity has been done a certain number of times or for a long enough duration

① ② ③ ④ ⑤ 5. To ensure that an activity has been done an odd or even number of times

① ② ③ ④ ⑤ 6. The numbers of objects or occurrences of certain things in your environment

① ② ③ ④ ⑤ 7. Up to or beyond certain numbers

① ② ③ ④ ⑤ 8. Simply to count (unconnected with any special idea or activity)

① ② ③ ④ ⑤ 9. The occurrences of certain body functions (for example, breathing, stepping, etc.)

① ② ③ ④ ⑤ 10. Other: \_\_\_\_\_

#### 6. TOUCHING OR MOVEMENT COMPULSIONS

① ② ③ ④ ⑤ 1. Gesturing or posing in a special way

① ② ③ ④ ⑤ 2. Looking or glancing at something in a special way

① ② ③ ④ ⑤ 3. Moving in symmetrical or special ways

① ② ③ ④ ⑤ 4. Having to step in special ways or on special spots when walking

① ② ③ ④ ⑤ 5. Ticking, twitching, or grimacing in a special way

① ② ③ ④ ⑤ 6. Moving in special ways while carrying out certain activities

- ① ② ③ ④ ⑤ 7. Reversing movements you have just made
- ① ② ③ ④ ⑤ 8. Repeating certain activities (for example, sitting down, getting up, passing through doorways or by certain locations) a special number of times, or until they feel right
- ① ② ③ ④ ⑤ 9. Touching furniture before sitting down or standing up
- ① ② ③ ④ ⑤ 10. Touching doors or drawers before opening or closing them
- ① ② ③ ④ ⑤ 11. Touching the edges or certain parts of things
- ① ② ③ ④ ⑤ 12. Touching doorways before walking through them
- ① ② ③ ④ ⑤ 13. Touching things a certain number of times
- ① ② ③ ④ ⑤ 14. Touching things in special patterns
- ① ② ③ ④ ⑤ 15. Touching, moving, or handling possessions a certain way before using them
- ① ② ③ ④ ⑤ 16. Other: \_\_\_\_\_

**7. MENTAL COMPULSIONS**

- ① ② ③ ④ ⑤ 1. Making mental maps of places
- ① ② ③ ④ ⑤ 2. Memorizing facts or information
- ① ② ③ ④ ⑤ 3. Making mental lists or arrangements
- ① ② ③ ④ ⑤ 4. Knowing or learning everything about a particular subject
- ① ② ③ ④ ⑤ 5. Repeatedly reviewing past situations to try to remember or understand them
- ① ② ③ ④ ⑤ 6. Thinking specific thoughts in special ways
- ① ② ③ ④ ⑤ 7. Thinking about specific topics
- ① ② ③ ④ ⑤ 8. Creating specific mental images or pictures
- ① ② ③ ④ ⑤ 9. Repeating your own or someone else's words in your mind
- ① ② ③ ④ ⑤ 10. Thinking of sequences of special numbers or words
- ① ② ③ ④ ⑤ 11. Rethinking specific thoughts
- ① ② ③ ④ ⑤ 12. Thinking certain thoughts in reverse

- ① ② ③ ④ ⑤ 13. Analyzing your thoughts to determine if they are (or were) appropriate
- ① ② ③ ④ ⑤ 14. Analyzing your thoughts to determine if they are really obsessions or not
- ① ② ③ ④ ⑤ 15. Checking your own memory to determine if you came to harm in the past
- ① ② ③ ④ ⑤ 16. Analyzing whether your own thoughts or reactions indicate that you are sexually attracted to others in ways that are inappropriate to you
- ① ② ③ ④ ⑤ 17. Other: \_\_\_\_\_

**8. PROTECTIVE COMPULSIONS**

- ① ② ③ ④ ⑤ 1. Questioning others, or your own memory, to determine if you have harmed or insulted someone (recently or in the past)
- ① ② ③ ④ ⑤ 2. Recording and collecting information about past events to help determine if harm has occurred to yourself or others
- ① ② ③ ④ ⑤ 3. Collecting and removing objects from the environment that could harm others (for example, tacks, razor blades, nails, matches, lit cigarettes, glass, etc.)
- ① ② ③ ④ ⑤ 4. Having difficulty using sharp instruments (for example, knives, scissors, etc.)
- ① ② ③ ④ ⑤ 5. Checking on the whereabouts of others to be certain that harm has not come to them
- ① ② ③ ④ ⑤ 6. Trying to limit the activities of others to prevent harm from happening to them
- ① ② ③ ④ ⑤ 7. Repeatedly warning others of potential harm or danger
- ① ② ③ ④ ⑤ 8. Asking others if you will be safe or if things will turn out well for you
- ① ② ③ ④ ⑤ 9. Asking others if they will be safe or if things will turn out well for them
- ① ② ③ ④ ⑤ 10. Confessing to having done things you believe may have harmed others

① ② ③ ④ ⑤ 11. Making lists

① ② ③ ④ ⑤ 12. Other: \_\_\_\_\_

**9. BODY-FOCUSED COMPULSIONS**

① ② ③ ④ ⑤ 1. Checking your appearance in the mirror for problems/imperfections

① ② ③ ④ ⑤ 2. Checking your appearance or physical reaction to assure yourself about your sexual identity

① ② ③ ④ ⑤ 3. Choosing what clothes to wear

① ② ③ ④ ⑤ 4. Questioning others directly or indirectly about your appearance

① ② ③ ④ ⑤ 5. Seeking frequent medical consultations to check your appearance

① ② ③ ④ ⑤ 6. Feeling like you have to have your appearance improved surgically

① ② ③ ④ ⑤ 7. Checking your body for symmetry or perfection

① ② ③ ④ ⑤ 8. Checking your appearance or grooming for symmetry or perfection

① ② ③ ④ ⑤ 9. Cutting your hair to excess or for long periods of time to make it perfect

① ② ③ ④ ⑤ 10. Washing your hair to make it perfect

① ② ③ ④ ⑤ 11. Checking your body for a bad odor (e.g. breath, genital, armpits, etc.)

① ② ③ ④ ⑤ 12. Picking or squeezing pimples or blemishes to make your skin perfect

① ② ③ ④ ⑤ 13. Checking the way your body works

① ② ③ ④ ⑤ 14. Seeking medical consultations for possible illnesses

① ② ③ ④ ⑤ 15. Reading about illnesses in books or on the Internet

① ② ③ ④ ⑤ 16. Self-examination of your body for lumps or marks that could mean you have an illness

① ② ③ ④ ⑤ 17. Frequent examination for current symptoms of possible illness

① ② ③ ④ ⑤ 18. Having family examine you for signs of possible illness

- ① ② ③ ④ ⑤ 19. Discussing symptoms of possible illness with family and/or friends
- ① ② ③ ④ ⑤ 20. Taking your temperature
- ① ② ③ ④ ⑤ 21. Other: \_\_\_\_\_

**10. HOARDING/COLLECTING COMPULSIONS/IMPULSIONS**

- ① ② ③ ④ ⑤ 1. Saving broken, irreparable, or useless items
- ① ② ③ ④ ⑤ 2. Buying excessive quantities of items beyond an amount needed for reasonable usage
- ① ② ③ ④ ⑤ 3. Retrieving from or searching through your own or other people's trash
- ① ② ③ ④ ⑤ 4. Having an inability to throw things away due to fear of accidentally throwing important items away
- ① ② ③ ④ ⑤ 5. Going to excessive lengths (including extreme self-denial) to save money
- ① ② ③ ④ ⑤ 6. Saving excessive quantities of informational matter (newspapers, old lists, magazines, junk mail, etc.)
- ① ② ③ ④ ⑤ 7. Saving items simply because they belong to you or your loved ones
- ① ② ③ ④ ⑤ 8. Having to own complete collections of certain things, even if they're not important
- ① ② ③ ④ ⑤ 9. Keeping extensive lists or records of certain things
- ① ② ③ ④ ⑤ 10. Other: \_\_\_\_\_

**11. GROOMING IMPULSIONS**

- ① ② ③ ④ ⑤ 1. Hair pulling (from head, eyebrows, eyelashes, pubic area, body, etc.)
- ① ② ③ ④ ⑤ 2. Skin picking or biting
- ① ② ③ ④ ⑤ 3. Nail or cuticle biting, picking, or cutting
- ① ② ③ ④ ⑤ 4. Picking or squeezing pimples or blemishes for the sensation of it
- ① ② ③ ④ ⑤ 5. Picking or squeezing pimples or blemishes to "fix" them or "help" to heal more quickly
- ① ② ③ ④ ⑤ 6. Other: \_\_\_\_\_

**12. SELF-MUTILATIVE IMPULSIONS**

- ① ② ③ ④ ⑤ 1. Cutting or scratching yourself
- ① ② ③ ④ ⑤ 2. Burning yourself
- ① ② ③ ④ ⑤ 3. Poking yourself (eyes, ears, etc.)
- ① ② ③ ④ ⑤ 4. Biting yourself (e.g., insides of cheeks)
- ① ② ③ ④ ⑤ 5. Other: \_\_\_\_\_