My compulsions and avoidance

List everything OCD has you do or avoid, and how hard each would be to resist.

Name _____ Date _____

Compulsions are not always visible. Include the ones that happen in your head, the ways you get others to help, and the things you steer clear of.

What I do	How often	How hard to resist (0 to 10)
Things I do (washing, checking, repeating, arranging)		
Things I do in my head (reviewing, counting, praying, replacing thoughts)		
Reassurance (asking, confessing, searching online)		
Things, places and people I avoid		

How much time does all of this take in a day?

The one I would be most willing to try going without first

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