

Obsession and Compulsion Log

In the appropriate column below, please write each trigger, obsession (e.g., an unpleasant thought or image, or urge) you encounter, the time of the obsession, the underlying fear (what you are most fearful of or the worst case scenario) the compulsion (e.g., washing, checking, repeating things in your mind) you performed in response to the obsession, and how long you spent performing the compulsion.

Time	Trigger (what happened outside or inside of you right before the obsession or urge?)	Obsession or Urge	Underlying Fear (What are you most fearful of? What is the worst case scenario?)	Feeling (sad, mad, scared, disgust, shame)	Your Response (Compulsion /Ritual/ Avoidance)	Compulsion / Ritual Duration	Does this behavior work in the short-term?	Does this behavior work in the long term?	Does this behavior bring me closer to my values?	Exposure exercises: How can I practice having discomfort and uncertainty in the service of my values?	What is this exercise in the service of?	Willingness (0-100) How willing am I to have the uncertainty and discomfort rather than engage in my typical response?
9:00am	I ate a new food	I may get sick	I don't know if I can handle not knowing if I will die.	Scared	hand washing	20 minutes						
10pm	Going to bed	Urge to check the stove	I don't know if I can handle this feeling of anxiety.	Scared	checked the stove	15 Minutes						