Name: ____________________________

Please circle the letter that best describes you over the past week.

Please answer the next 5 questions about the obsessions or thoughts you cannot stop thinking about. Obsessions are thoughts, ideas, or pictures that keep coming into your mind even though you do not want them to.

1. How much time do you spend thinking about these things in a day?
   a) None
   b) Less than 1 hour a day
   c) Between 1 to 3 hours a day
   d) Between 3 to 8 hours a day
   e) More than 8 hours a day

2. How much do these thoughts get in the way of school or doing things with your friends?
   a) They don’t get in the way
   b) They get in the way a little
   c) They get in the way sometimes
   d) They get in the way a lot
   e) They keep me from doing everything

3. How much do these thoughts bother or upset you?
   a) Not at all
   b) They bother me a little
   c) They bother me some
   d) They bother me a lot
   e) They bother me so much that it is hard to do anything

4. How hard do you try to stop the thoughts or ignore them?
   a) I always try to resist the thoughts
   b) I try to resist the thoughts most of the time
   c) I try to resist the thoughts sometimes
   d) I usually don’t try to resist the thoughts, but I want to
   e) I don’t try to resist the thoughts

5. When you try to fight the thoughts, can you beat them?
   a) I always can beat or stop them
   b) I can usually beat or stop them
   c) I can sometimes beat or stop them
   d) I don’t beat or stop them very often
   e) I never beat or stop them
Please answer the next 5 questions about the **compulsions or habits** you cannot stop doing. Compulsions are things that you feel you have to do although you may know that they do not make sense. Sometimes you may try to stop from doing them but this might not be possible. You might feel worried or angry or scared until you have finished what you have to do.

6. How much time do you spend doing these things in a day?
   a) None
   b) Less than 1 hour a day
   c) Between 1 to 3 hours a day
   d) Between 3 to 8 hours a day
   e) More than 8 hours a day

7. How much do these habits get in the way of school or doing things with your friends?
   a) They don’t get in the way
   b) They get in the way a little
   c) They get in the way sometimes
   d) They get in the way a lot
   e) They keep me from doing everything

8. How upset would you feel if you could not do your habits?
   a) Not upset at all
   b) I would feel a little upset or scared
   c) I would feel pretty upset or scared
   d) I would feel very upset or scared
   e) I would feel as upset or scared as possible

9. How hard do you try to stop or fight the habits?
   a) I always try to resist the habits
   b) I try to resist the habits most of the time
   c) I try to resist the habits sometimes
   d) I usually don’t try to resist the habits, but I want to
   e) I don’t try to resist the habits

10. When you try to fight the habits, can you beat them?
    a) I always can beat or stop them
    b) I can usually beat or stop them
    c) I can sometimes beat or stop them
    d) I don’t beat or stop them very often
    e) I never beat or stop them