

Conceptualizing OCD Symptoms

Utilize this tool as a framework for conceptualizing how obsessions and compulsions interact and how they fit within the OCD Cycle.

If I encounter this trigger...	Being seated next a child on public transportation	= Trigger (Internal or External)
I will think or experience...	Intrusive thoughts/images that I might do something inappropriate to that child	= Obsession
Which will lead to a feeling of...	Disgust and fear that having these thoughts means something about who I am	= Primary type of Distress
And if do not engage in this safety behavior....	Immediately moving seats, having at least three adults between me and the child	= Compulsion
This feared outcome will occur....	I might do something inappropriate to this child even though I would never want to	= Core Fear

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