

## Appraisal Ratings of Primary Obsession

Name of client:

Date:

Primary obsession:

Instructions: In consultation with your therapist, please record the obsessional thought, image, or impulse that is most troubling for you at this time. Please complete the ratings below, on the basis of your experience of the primary obsession.

1. How guilty do you feel when you have the obsession? [GUILT]
  - 1 = not at all guilty
  - 2 = somewhat guilty
  - 3 = guilty
  - 4 = very guilty
  - 5 = extremely guilty
2. Does the obsession make you afraid for yourself or another person? [FEAR]
  - 1 = not at all afraid
  - 2 = somewhat afraid
  - 3 = afraid
  - 4 = very much afraid
  - 5 = extremely afraid
3. To what extent does the obsession make you uncertain about yourself or your actions? [DOUBT]
  - 1 = not at all uncertain
  - 2 = somewhat uncertain
  - 3 = uncertain
  - 4 = very uncertain
  - 5 = extremely uncertain
4. How disgusting or repulsive (immoral) is the obsession to you? [DISGUST]
  - 1 = not at all disgusting
  - 2 = somewhat disgusting
  - 3 = disgusting
  - 4 = very disgusting
  - 5 = extremely disgusting
5. Does the obsession make you feel more responsible for the well-being of yourself or others? [RESPONSIBILITY]
  - 1 = not at all responsible
  - 2 = somewhat responsible
  - 3 = responsible
  - 4 = very responsible
  - 5 = extremely responsible
6. Are you concerned that by thinking about the obsession you may be more likely to act on it? [THOUGHT-ACTION FUSION]
  - 1 = not at all concerned
  - 2 = somewhat concerned
  - 3 = concerned

- 4 = very much concerned  
5 = extremely concerned
7. To what extent do you have to be precise and exact in response to the obsession?  
[INTOLERANCE OF UNCERTAINTY]
- 1 = not at all exact  
2 = somewhat exact  
3 = exact  
4 = very exact  
5 = extremely exact
8. To what extent does the obsession indicate something important about you, the type of person you are? [IMPORTANCE]
- 1 = not at all relevant to self  
2 = somewhat relevant to self  
3 = relevant to self  
4 = very relevant to self  
5 = extremely relevant to self
9. How important is it that you exercise strong control over the obsession? [CONTROL]
- 1 = not at all important  
2 = somewhat important  
3 = important  
4 = very important  
5 = extremely important

**\*For learning more about Cognitive Behaviour Therapy for OCD mail us for a workshop and one-on-one learning session.**



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