

## Record of Control Strategies Associated with 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. Below you will find a number of methods that people use to try to stop their obsessional thoughts, images, or impulses. Please indicate the frequency and success of each control strategy as it relates to your primary obsession. Use the rating scales provided with each category.

| List of control strategies associated with primary obsession  | Frequency that strategy is used; 0= never, 1 = occasionally, 2= often, 3= frequently, 4= daily, 5= several times a day. | Effectiveness of the strategy in stopping obsessional thinking; 0= never effective, 1= occasionally effective, 2= often effective, 3= frequently effective, 4= always effective. | Effectiveness of this reducing distress 0= never effective, 1= occasionally effective, 2= often effective, 3= frequently effective, 4= always effective |
|---|---|--|---|
| 1. Engage in a behavioural compulsion (e.g., wash, check, repeat, etc.). (BC)   |   |  |   |
| 2. Engage in a mental compulsion (e.g., say a particular phrase, repeat a prayer, think certain thoughts, etc.). [MC] |   |  |   |
| 3. Think about reasons why the obsession is senseless, unimportant, or irrational. [CR]                               |   |  |   |
| 4. Try to reassure myself that everything will be all right. [SR]   |   |  |   |
| 5. Seek reassurance from others that everything will be all right. [OR]   |   |  |   |
| 6. Distract myself by doing something. [BD]   |   |  |   |
| 7. Distract myself by thinking of another, possibly pleasant, thought or image. (CD)                                  |   |  |   |
| 8. Try to relax myself. [R]   |   |  |   |

|   |  |  |  |
|---|--|--|--|
| 9. Tell myself to stop thinking about the obsession. [TS]               |  |  |  |
| 10. Get angry, and down on myself for thinking about the obsession. [P] |  |  |  |
| 11. Try to avoid anything that will trigger the obsession. [A]          |  |  |  |
| 12. Do nothing when I get the obsession. [DN]                           |  |  |  |

Coding key: BC, behavioural compulsion; MC, mental compulsion; CR, cognitive restructuring; SR, self-reassurance; OR, other reassurance; BD, behavioural distraction; CD, cognitive distraction; R, relaxation; TS, thought stopping; P, punishment; A, avoidance; DN, do nothing.

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

