

### **Record of Unwanted Intrusive Thoughts (Obsessions) and Their Appraisal**

Instructions: Please use the form below to record three or four daily occurrences of your main unwanted intrusive thought or obsession. In four or five words note what you think triggered the obsession, the obsessional content, and then your interpretation of its importance. That is, write down what made the unwanted thought so important to you at the time it occurred. In the last column see if you can pick out any of the appraisal pattern we've gone over in the last therapy session. You will probably need to use the sheet that explains the appraisals to assist you in this task. Don't worry if you can't seem to identify the appraisal patterns in your interpretation of the obsession. We can do this together at the next session.

Date and time	Situational Trigger	Obsessions	Interpretation of Importance	Main Appraisal Pattern
				

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

