

The Cognitive-Behavioural Appraisal Model for the Persistence of Unwanted Intrusive Thoughts and Obsessions

Possible Situation that Triggers Unwanted Thoughts



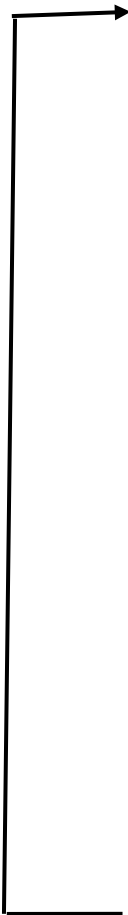
Unwanted Intrusive Thoughts



Possible reasons why this is an important unwanted thought



Possible responses to Unwanted thoughts



Clinical Examples of Faulty Interpretations and Specific Appraisals Associated with a Primary Intrusive Thought or Obsession

Intrusive thought or obsession and compulsion	Client's interpretation of obsession	Types of specific faulty appraisals
<p>“I have a strict routine and sequence of activities that must be followed before going to bed. If this routine is not followed, I will redo until correct.”</p>	<p>“The thought of following a strict bedtime routine is important because if I don't, I become quite anxious and can't fall asleep. If I don't get my sleep, then I am more likely to get sick and vomit. If I'm sick, then I'll miss a lot of school and be a burden on others.”</p>	<p>1. Overestimation of threat. “If I lose sleep, I'll get sick.” 2. Perfection. “Specific bedtime routine must be followed.” 3. Responsibility. “I need to avoid getting sick so as not to burden others.” 4. Intolerance of anxiety. “I can't let myself get anxious.”</p>
<p>Thought that the client's boyfriend could be harmed. Would engage in repeating rituals.</p>	<p>“If something were to happen to him, it would be my fault for thinking that he would be harmed. Also these thoughts make me feel so anxious. In the past I worried a lot about people getting hurt, so it's important I don't let my thoughts get that bad again.”</p>	<p>1. Thought–action fusion. “Thinking about harm seems to make it more likely to happen.” 2. Responsibility. “I need to do something to ensure that harm does not occur to my boyfriend.” 3. Need for control. “I need to control these thoughts so they don't get worse.”</p>
<p>Thought of sexual touch by a teenage babysitter when the client was a preschooler. In response, the client would repeat verbal phrases over and over or redo activities again and again (e.g., retrace his steps).</p>	<p>“The thought makes me suffer great anxiety, and so I need to repeat whatever I am doing at the time I have the thought. By repeating the action over and over until I can do it without thinking the obsession, I will break the connection between the thought and my action. If I don't do this, more and more things will trigger the thought, causing me to have more obsessions. Eventually, I'll become so absorbed in the obsession and overwhelmed with anxiety that I'll have a nervous breakdown.”</p>	<p>1. Overimportance. “A thought of the possibility that I was touched sexually as a child becomes my most important thought.” 2. Need for control. “I need to ensure that the thought does not become more frequent.” 3. Neutralization. “I need to cancel out the effects of the thought by repeating the action associated with it.” 4. Overestimated threat. “The thought will escalate until I have a nervous breakdown.” 5. Intolerance of uncertainty. “I have to repeat a phrase or action over and over until I'm certain that I've done it perfectly without having the obsession.”</p>

Intrusive thought or obsession and compulsion	Client's interpretation of obsession	Types of specific faulty appraisals

Faulty Interpretations and Specific Appraisals Associated with a Primary Intrusive Thought or obsessions

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