



OBSESSIVE-COMPULSIVE THOUGHT RECORD

When you notice yourself having unwanted unpleasant thoughts or engaging in repetitive behaviours, make a note of the **Situation** where this occurred. In the **Trigger** column note the activity or event that triggered your unwanted thought or feeling (this may be another feeling or thought). In the **Intrusion** column describe your initial unwanted thought/image/doubt/discomfort/or behaviour. Specify and rate your emotional response under Emotion and then write in your main negative interpretation (**Worry**) about the intrusion. Make a note of how you responded to the intrusion in the **Answer** column, and finally re-rate your **Emotion**.

Date	Situation	Trigger	Intrusion: thought/ Doubt/ Feeling/ Behaviour Specify:	Emotion (note intensity 0-100)	Worry about Intrusion	Answer to Worry	Outcome Emotion Intensity (0 - 100)