

OCD Thought Record

Use this form to monitor and record obsessional thoughts and behaviours. Practice noticing and altering negative thoughts. Try to gradually delay the repetitive behaviours and mental routines that normally follow intrusive thoughts.

Trigger	Response	Obsession	Compulsion	Realistic Assessment	Outcome
What triggered intrusive thought, image, urge, or obsession?	What was your response and how did you feel? Rate intensity 1-100.	Describe the worry or obsessional thoughts.	Describe the safety behaviours, neutralising habits or mental routines	Identify different and helpful interpretation or response. What else could you do/thought?	Re-rate intensity of emotion 0-100%

Trigger

Response

Obsession

Compulsion

**Realistic
Assessment**

Outcome
