

Mental Compulsion Detective



A worksheet for noticing hidden OCD rituals | Jodie Schallhorn, BABCP Accredited CBT Therapist

Pick one recent, manageable example. Write brief notes rather than trying to remember every detail or find a perfect answer. If filling this in becomes another form of checking, stop and return later or discuss it with your therapist.

1 The Trigger - What set it off?

A situation, image, sensation, memory or intrusive thought.

2 The OCD Question - What did OCD ask you to solve?

For example, “How can I be completely certain I did nothing wrong?”

3 The Mental Action - What did you do in your mind?

Circle or note: replaying | comparing | testing feelings | arguing | cancelling a thought | other

4 The Promised Relief - What were you hoping the action would give you?

Certainty, relief, reassurance, a “right” feeling or prevention of something feared?

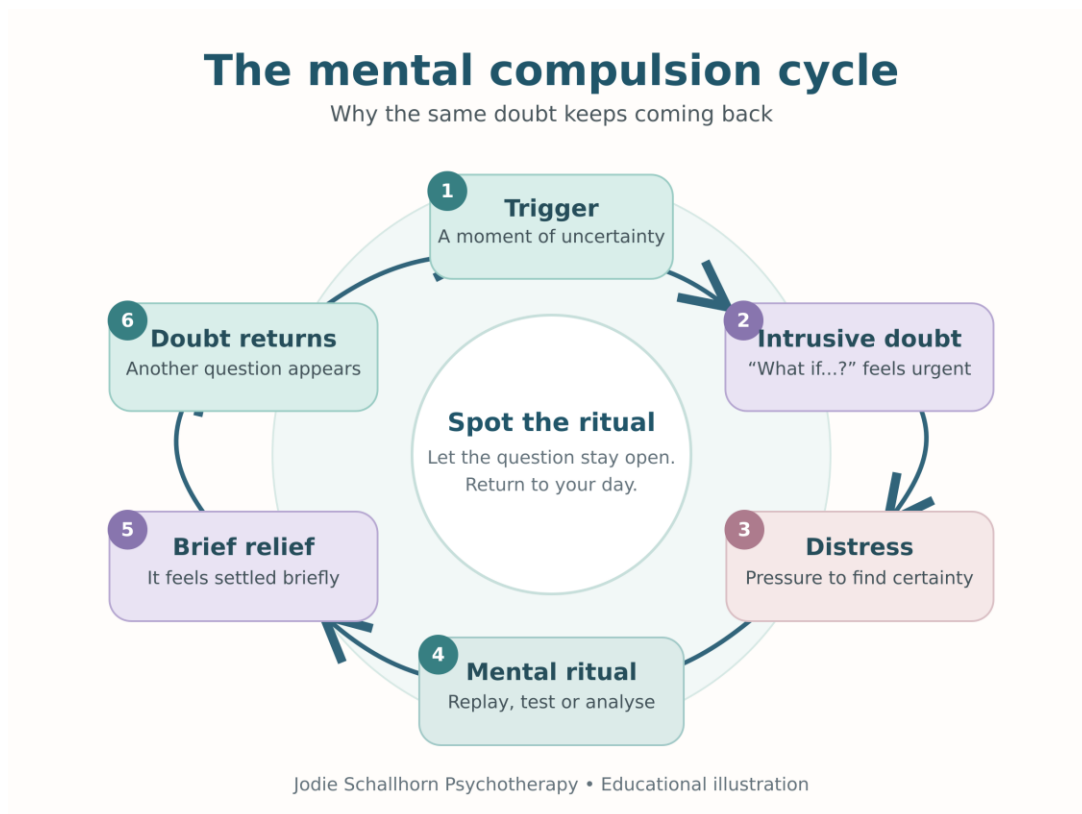
5 What happened afterward?

How long did relief last? Did another doubt or urge appear?

6 A small alternative

If you left the question open for now, what ordinary activity would you return to? This is a noticing exercise, not an instruction to ignore a genuine risk.

A useful pattern to look for: trigger → doubt → mental ritual → brief relief → another doubt.



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