



Is the Doubt Reasonable or Obsessional?

Adapted by Bronwyn Shroyer from: O'Connor, K., & Aardema, F. (2012). Clinician's handbook for obsessive compulsive disorder: Inference-based therapy. Chichester: Wiley-Blackwell.



Bob is about to go to bed. He goes to the front door to lock up for the night.

He turns the deadbolt and the lock on the doorknob. He hears the deadbolt slide home. He can see that both locks are in place. He walks away from the door.

As he walks down the hall, he thinks, "Maybe I didn't lock the door. Maybe the lock broke when I turned it. Maybe I accidentally unlocked it when I pulled my hand away."

Reasonable or Obsessional Doubt?

OBSESSIONAL DOUBT



Seth backs out of his driveway. He hears a crunching noise and feels the car go over something. He knows that in the past, his kids have forgotten toys in the driveway, and they were playing outside that morning.

Seth wonders if he ran over something with his car.

Reasonable or Obsessional Doubt?

Reasonable Doubt

Sue has been in a relationship for 2 years. Her partner packs a lunch for her each day with a sweet note and is great at helping out around the house.

Lately though, her partner has been calling her names, yelling at her, and lying to her.

Sue is wondering if she should leave the relationship.

Reasonable or Obsessional Doubt?



Reasonable Doubt

Ashley's new baby niece is adorable. Ashley loves her so much. She can't wait for her niece to get bigger so they can do fun things together like swim in the pool or go out for ice cream.

Ashley wants to be the best aunt ever!

But last week, when she was changing the baby's diaper, she started to wonder if she could be the type of person to harm a baby. She'd read about someone being arrested for molesting their niece. Ashley wondered if she could molest her niece. She could even imagine herself doing it. So today when her sister asked if she could babysit, Ashley said no.



Reasonable or Obsessional Doubt?

OBSESSIONAL DOUBT



Charlie's professor randomly assigned groups for a project. During his group's first meeting, Charlie shares some ideas for how to go about completing the project. Other group members brainstorm too, and one group member writes down everyone's ideas on a whiteboard. The group comes to a consensus on what they are going to do.

After the meeting, Charlie wonders if everyone in the group thinks he is stupid and annoying. He also wonders if they secretly want him out of the group.

Reasonable or Obsessional Doubt?

OBSESSIONAL DOUBT

Andy went to the store to buy groceries.
He goes to a self-checkout and bags everything himself.

He gets the bags out to the car and wonders if he paid for all of the items. Maybe something fell into one of the bags when he wasn't paying attention. Maybe he didn't scan an item. Maybe his debit card really didn't go through, and he just thought it did.

Reasonable or Obsessional Doubt?



OBSESSIONAL DOUBT

Rachel put some muffins in the oven about 10 minutes ago. While she waits for them to bake, she gets on her laptop and answers a bunch of emails from work.

Her kids come in and ask what the strange smell is. Rachel pulls her attention away from the screen and notices a smell as well. She wonders if the muffins are getting too dark in the oven.

Reasonable or Obsessional Doubt?



Reasonable Doubt



Jack is making dinner for friends who are coming over that evening. He chops up a bunch of vegetables and is getting ready to saute them in a hot pan. His two-year-old son comes running into the kitchen asking for a snack. Jack pops his son up on the counter next to the oven and peels him a banana. The oil starts to sizzle in the pan.

Jack wonders if his son is safe on the counter next to the hot pan.

Reasonable or Obsessional Doubt?

Reasonable Doubt

Kim has been in a relationship with her boyfriend for five years and identifies as a heterosexual female. They have talked about getting married, and she is looking forward to what their life together is going to be like.

When she went out to dinner with her friends last weekend, she noticed that a few of the women she was with looked really nice.

She wonders if having that thought means she might be attracted to women and is living a lie with her boyfriend.

Reasonable or Obsessional Doubt?



OBSESSIONAL DOUBT

Suzie goes to the post office to send a package for her friend's birthday. When it's Suzie's turn at the counter, the postal worker tells her to sign for the transaction with the stylus attached to the credit card machine.

Suzie touches the stylus. She knows that a lot of people have touched this stylus. Maybe someone with MRSA touched it. Maybe she has a small cut on her finger, and now she is going to have MRSA.

Reasonable or Obsessional Doubt?



OBSESSIONAL DOUBT