Form 1.1. Identifying Your Themes and Obsessions

Section 1: Symptom Dimensions	
☐ Disturbing Thoughts	☐ Health
☐ Negligence and Mistakes	☐ Metaphysical/Existential
☐ Contamination	☐ Relationship
☐ Symmetry, Order and Arrangement	☐ Transformation
☐ Sensorimotor	☐ Gender and Sexual Orientation
OCD About OCD	☐ Hoarding
Other:	Other:
Section 2: Obsessions	
Theme 1	Theme 2
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.
11.	11.
12.	12.

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