

Form 1.1.  
**Identifying Your Themes and Obsessions**

Section 1: Symptom Dimensions	
<input type="checkbox"/> Disturbing Thoughts	<input type="checkbox"/> Health
<input type="checkbox"/> Negligence and Mistakes	<input type="checkbox"/> Metaphysical/Existential
<input type="checkbox"/> Contamination	<input type="checkbox"/> Relationship
<input type="checkbox"/> Symmetry, Order and Arrangement	<input type="checkbox"/> Transformation
<input type="checkbox"/> Sensorimotor	<input type="checkbox"/> Gender and Sexual Orientation
<input type="checkbox"/> OCD About OCD	<input type="checkbox"/> Hoarding
<input type="checkbox"/> Other:	<input type="checkbox"/> 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.

**Copyright © 2024 by Frederick Aardema. Mount Royal Publishing. All Rights Reserved.**

Permission is granted for personal use and use with clients. Any reproduction, distribution, or use beyond these permissions, in any form or by any means, without prior written consent, is strictly prohibited.