

Table 1.3

Obsessions About Negligence and Mistakes

Worrying about making mistakes while reading, writing, or doing simple calculations, fear of losing things, worries about having left doors and windows unlocked, worries about appliances that may have been left on (stoves, toasters, coffee machines, etc.), worries about mistakes when filling in checks or forms, fears of having caused an accident, fears of being careless, fears of poisoning someone accidentally, repeated checking and counting prescription pills to make sure no mistake has been made, checking related to the presence of insects or animals (without any specific contamination fears), reassurance seeking for possible mistakes or accidents one may have caused.

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