

Form 3.4  
**My Obsessional Sequence**

Obsessional Theme: \_\_\_\_\_

|                                   |   |
|-----------------------------------|---|
| <b>Compulsive Actions</b>         | <ul style="list-style-type: none"><li>• .....</li><li>• .....</li><li>• .....</li><li>• .....</li></ul> <ul style="list-style-type: none"><li>• .....</li><li>• .....</li><li>• .....</li><li>• .....</li></ul> |
| <b>Emotional Reactions</b>        | <ul style="list-style-type: none"><li>• .....</li><li>• .....</li><li>• .....</li><li>• .....</li></ul> <ul style="list-style-type: none"><li>• .....</li><li>• .....</li><li>• .....</li><li>• .....</li></ul> |
| <b>Secondary Consequences</b>     | <ul style="list-style-type: none"><li>• .....</li><li>• .....</li><li>• .....</li><li>• .....</li></ul>   |
| <b>Primary Obsessional Doubts</b> | <ul style="list-style-type: none"><li>• .....</li><li>• .....</li><li>• .....</li></ul>   |
| <b>Triggers</b>                   | <ul style="list-style-type: none"><li>• .....</li><li>• .....</li><li>• .....</li><li>• .....</li></ul> <ul style="list-style-type: none"><li>• .....</li><li>• .....</li><li>• .....</li><li>• .....</li></ul> |