

Table 1.2.

Disturbing Thoughts
Aggression
Fear of stabbing someone, fear of hurting oneself, images of murders or accidents or other gory images, fear of violent words, fear of driving a car into a tree, fear of being a psychopath, fear of shouting obscenities, fear of hurting one’s baby, fear of running someone over on impulse, fear of hitting random strangers, fear of harming vulnerable groups.
Sexuality
Unwanted sexual thoughts about strangers, family, or friends; fear of being a pedophile, unwanted thoughts or images about sexual assault and molestation, images committing incest, fear of being sexually perverted, fears that one may commit rape or may cheat on their partner.
Religion and Spirituality
Saying evil things, fear of being a blasphemer, fear of making mistakes that go against religious or metaphysical higher authorities, a fear of shouting obscenities, fear of going to hell, fear of desecrating holy places, fear of offending the dead, fear of not being religious or spiritual enough.
Morality
Worries about having told a lie or having cheated someone, fear of thinking or saying something offensive, inappropriate or disrespectful, fear being dishonest, inauthentic, fake or unreal, worries about always doing things in the morally correct way, fear of being judged for wrong doing.

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