

Table 3.1
OCD Symptom Dimensions and Related Obsessional possibilities

Symptom dimension	Obsessional Possibility “Perhaps,” “Maybe,” “Might be,” “Could be,” or “What if”	
Disturbing Thoughts	<ul style="list-style-type: none"> ▪ <i>What if</i> I will hurt others? ▪ I <i>might be</i> a pervert. ▪ <i>Perhaps</i> I have offended God 	<ul style="list-style-type: none"> ▪ I <i>could be</i> a psychopath. ▪ <i>Maybe</i> I am a racist. ▪ <i>What if</i> I torture my children? ▪ <i>Maybe</i> I’m a sinner.
Contamination	<ul style="list-style-type: none"> ▪ There might be pesticides in the air. ▪ <i>Maybe</i> that red spot is blood. ▪ <i>Perhaps</i> my house is built on a toxic landfill. ▪ I <i>might</i> have become infected with a parasite. 	<ul style="list-style-type: none"> ▪ <i>What if</i> the water is poisoned? ▪ <i>Maybe</i> there is a deadly virus on my hands. ▪ <i>What if</i> the doorknob is dirty? ▪ There <i>could be</i> deadly mold behind the walls.
Negligence and Mistakes	<ul style="list-style-type: none"> ▪ <i>Perhaps</i> I forgot to lock the door. ▪ <i>What if</i> my toaster catches fire? ▪ <i>Maybe</i> I missed some questions on the exam. ▪ <i>What if</i> I said something wrong during the meeting at work? 	<ul style="list-style-type: none"> ▪ <i>Maybe</i> I accidentally hit someone with my car. ▪ I <i>might</i> have forgotten to turn off the stove. ▪ <i>Maybe</i> one of the water pipes is leaking.
Symmetry Order and Arrangement	<ul style="list-style-type: none"> ▪ <i>Maybe</i> I did not line up the books on the shelf correctly. ▪ I might not have placed my toothbrush correctly. ▪ <i>Maybe</i> I did not fold my clothes just right. ▪ <i>Maybe</i> I am not remembering everything right. 	<ul style="list-style-type: none"> ▪ I <i>might</i> not be dressing myself in the right order. ▪ <i>Perhaps</i> the ornaments on the table are not properly placed. ▪ <i>What if</i> the air in my house does not smell right? ▪ <i>What if</i> I am using the wrong words?
Other	<ul style="list-style-type: none"> ▪ <i>Maybe</i> I do not love my partner enough. ▪ I <i>might be</i> autistic. ▪ <i>What if</i> I turn into someone else? ▪ <i>Perhaps</i> my heart is not beating correctly right now. 	<ul style="list-style-type: none"> ▪ <i>Maybe</i> I have a brain tumor. ▪ <i>What if</i> I start obsessing again? ▪ <i>What if</i> I do not have the right dose of medication? ▪ <i>Perhaps</i> I am not living my life correctly.