Diagram 3.7. Five steps Towards Identifying Your Obsessional Sequence

COMPULSIVE ACTIONS AND STRATEGIES

Question 1: What do I do?

EMOTIONAL REACTIONS

Question 2: What are the feelings that I'm trying to get rid off with these compulsions?

SECONDARY CONSEQUENCES

Question 3: What do I worry might happen without my compulsions?

PRIMARY OBSESSIONAL DOUBTS

Question 4: What has to be possible for these worries and concerns to be true or happen?

TRIGGERS

Question 5: In what situations do these doubts arise?

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