Diagram 7.3.

How OCD Reinforces Multiple Themes Through One Feared Self

Scrupulosity

"Perhaps I have sinned without realizing it."

Morphing

"Maybe I'm slowly turning into someone else I do not want to be."

Feared Corrupted Self

"Maybe I am—or will become a corrupt person deep down."

Contamination

What if I am tainted, impure, or will spread something bad to others?

Harm

"Maybe I have a hidden violent side and could suddenly harm my loved ones."

Copyright © 2025 by Frederick Aardema. Mount Royal Publishing. All Rights Reserved.

Permission is granted for personal use and use with clients. Any reproduction, distribution, or use beyond these permissions, in any form or by any means, without prior written consent, is strictly prohibited.