

Table 3.1  
**OCD Symptom Dimensions and Related Obsessional possibilities**

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