

Form 4.8
Health Score

A. What is the primary doubt and the feared consequences in this scenario?

Elaborate on your answer and specify why:

1. Is there any concrete evidence in the senses in the here-and-now for the doubt?

☐ Yes ☐ No ☐ Not Sure

Elaborate on your answer and specify why:

2. Did the doubt occur in an appropriate context?

☐ Yes ☐ No ☐ Not Sure

Elaborate on your answer and specify why:

3. Is the doubt based on a real uncertainty?

☐ Yes ☐ No ☐ Not Sure

Elaborate on your answer and specify why:

4. Does acting on the doubt help to resolve it?

☐ Yes ☐ No ☐ Not Sure

Elaborate on your answer and specify why:

5. Is the doubt rooted in common sense?

☐ Yes ☐ No ☐ Not Sure

Elaborate on your answer and specify why:

B. Considering all of your answers, is the doubt obsessional?

☐ Yes ☐ No ☐ Not Sure

Elaborate on your answer and specify why: