

Form 9.7.

Reality Sensing Tracking Form

Day/Time	Situation	Use and Trust of Senses	Noise from OCD	Level of Ease	Notes

Use a 100-point scale for each of the rating categories. **Use and Trust of Senses:** Minimal to No Use and Trust (0-20); Some Use and trust (21-50); Moderate Use and Trust (51-80); High Use and Trust (81-100). **Noise from OCD:** Minimal to No Noise (0-20); Some Noise (21-50); Moderate noise (51-80); High noise (81-100). **Overall Level of Ease:** Minimal to No Ease (0-20); Some Ease (21-50); Moderate Ease (51-80); High Ease (81-100).