

A5: Metacognitive thought record

Trigger (e.g. touching a public door handle)	Upsetting thoughts (e.g. 'My hands are contaminated; I will get sick')	Unhelpful thoughts about thoughts (metacognitions) (e.g. 'I cannot ignore this thought, it is probably true')	Consequences (e.g. feeling anxious and having to wash hands over and over)	Helpful thoughts about thoughts (e.g. 'This is just a thought not a reality; I don't need to react to it')