

**B4: OCD thought record example**

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|---|-----------------------------------|---|
| 1 | Trigger:                          | Seeing a black dog.   |
| 2 | What I thought:                   | <p>Seeing this dog is a sign that one of my children will be hurt today.</p> <p>I will get a call from the police saying my children have been killed in a car accident.</p> <p>I must do something to make sure this doesn't happen. If I don't do something they will die, and it will be my fault.</p>   |
| 3 | What I felt:                      | Fear, terror, anxiety.  |
| 4 | What I did:                       | <p>Completed my mental ritual of saying their names, and that I love them, and they will be OK.</p> <p>Rang them on their phones and told them to stay off the roads today.</p>   |
| 5 | How I challenged my OCD thoughts: | <p>I am doing magical thinking. Magical thinking isn't based on reality. It isn't possible that seeing a black dog 30 km away will cause my children to have car accidents.</p> <p>Seeing this dog doesn't increase the chances of my children having a car accident. Doing rituals is not necessary, because what I think in my head doesn't affect them at all.</p> |