



For a Guide to my approach and advice for treating anxiety please see the link below

<https://www.ponderingelephants.com/wp-content/uploads/2019/04/Pondering-Elephants-Anxiety-Effective-Therapy-My-Approach.pdf>

## OCD Self-Assessment Questionnaire

The following questionnaire may help you filter your problems to help you work out which thoughts or behaviours trouble you the most.

Read through the quiz and mark of the ones that relate to you. If you have two or more checked boxes in a section this indicates an area that it might be useful for you to focus on, I recommend with help from a Therapist. Don't worry if you have ticked more than one symptom in each section many people do.

*'NB. Many people like a questionnaire to help them understand the way they think they are. I believe that the diagnoses is moveable and only indicative of how you might be feeling or behaving at the moment you take them.'* Juliette Cockell – Cognitive Hypnotherapist

### A. What Symptoms Bother You? Note each item that has troubled you in the last month.

#### Washing and Cleaning

- 1. I don't touch certain things in case of germ contamination.
- 2. I worry about and have trouble picking up items that have dropped.
- 3. I clean my household obsessively
- 4. I wash my hands constantly throughout the day
- 5. I often wash many times and take a long time washing in the bath or shower.
- 6. I'm really worried about contracting diseases.

**Repeating and Over Checking**

- 1. I have to check things that I have switched things off over and over again.
- 2. Because I repeat my actions I find it difficult to get other things done.
- 3. I have a sense of doom that if I don't repeat an action something terrible will happen.
- 4. I worry more than most about making mistakes.
- 5. I worry excessively that I will endanger someone if I don't behave in a certain way.
- 6. I have obsessive thoughts that make me repeat certain behaviours.

**Ordering**

- 1. Things have their right place and keeping things in a specific order is important to me.
- 2. I have to check constantly that things are not out of place.
- 3. I notice immediately when my items have been moved
- 4. I have to make my bed every morning in a specific way
- 5. I recognise patterns and have a need to arrange things in a patterned formation.
- 6. When others change the positioning of my things, I get very upset.

**Hoarding**

- 1. I find it hard to de-clutter and chuck things out.
- 2. I find myself bringing home things that others see as useless.
- 3. Over the years my home has become full of possessions I find hard to discard.
- 4. I really get upset if others touch my possessions.
- 5. I find it almost impossible to get rid of things.
- 6. I see the value in things that others see as junk.

**Thinking Rituals**

- 1. I find repeating things in my head makes me feel good.
- 2. I repeatedly have to say positive thoughts to myself so that I feel safe.
- 3. I find I spend a lot of time in self-talk praying that positive things will happen.
- 4. I constantly battle with "Bad" thoughts trying to turn them into "good" thoughts.
- 5. I examine events in detail so that I can stop things going wrong.
- 6. I have to think specific thoughts to keep me calm.

**Worries and Pure Obsessions**

While I am not thinking or behaving ritually:

- 1. I find thoughts come into my mind and upset me against my will.
- 2. I experience unnecessary doubts about everything I do.
- 3. My thoughts seem uncontrollable.
- 4. I often experience thoughts that others would find freakish, frightening or embarrassing.
- 5. I really worry that my bad thoughts will become real.
- 6. I find it really hard to stop worrying when I have started.
- 7. I worry at the slightest thing.

**B. In the past month, how much time have you spent, on an average day, engaged in these symptoms. Note the hours or minutes for each.**

The amount of time you spend on each one is another indication of how much it intrudes in your life.

	Hours	Minutes
<b>Washing and Cleaning</b>	<input style="width: 40px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px;" type="text"/>
<b>Checking and Repeating</b>	<input style="width: 40px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px;" type="text"/>
<b>Ordering</b>	<input style="width: 40px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px;" type="text"/>
<b>Hoarding</b>	<input style="width: 40px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px;" type="text"/>
<b>Thinking Rituals</b>	<input style="width: 40px; height: 20px;" type="text"/>	<input style="width: 40px; height: 20px;" type="text"/>

Worrying or Obsessing

Total Hours

Remember I believe this diagnoses is moveable and only indicative of how you might be feeling or behaving now.

Based on Quiz designed by <https://anxieties.com>