

An OCD Check List

The following list describes common obsessions and compulsions experienced by people with OCD. Tick those which you feel may apply to you.

Common Obsessions

- "I am afraid of getting dirty or being infected by germs."
- "I am afraid of getting AIDS. I am afraid that I have AIDS."
- "I always concerned about poisons and other toxic substances."
- "I am terrified that something might harm myself or my family."
- "I worry that I might be violent and hurt someone."
- "I am guilty and ashamed about my blasphemous religious thoughts and perverse sexual thoughts".
- "I am always thinking about certain words, numbers, sounds or images".
- "I am very concerned about objects being placed in a certain order or arrangement".

Common Compulsions

- "I have to do many normal routine actions in rituals – a certain number of times or according to specific rules"
- "I have to wash my hands, or shower, or brush my teeth over and over again".
- "I have to clean my home and household items excessively".
- "I have to repeat routine activities over and over".
- "I have to arrange things in a certain order".
- "I have to repeat words or phrases, or count up to a certain number".
- "When I have a 'bad' thought, I have to replace it with a 'good' thought".
- "I can't throw out things, such as old newspapers, magazines, containers, books and clothes".
- "I have to repeatedly ask other people for reassurance that something has or has not happened".
- "I have to constantly ask questions or confess about 'bad' things I think I have done."
- "I have to move in a special pattern, or touch or tap things in a particular way or a certain number of times."
- "I have constant doubts as to whether I have locked the door or turned off an electrical or gas appliance and so I have to check over and over again".
- "If I drive over a bump on the road, I have to stop the car and get out to check that I have not hurt or killed a person or animal."
- "I try to avoid any situations, objects, people or places may trigger my fears and rituals".

If you have ticked one or more of these obsessions and compulsions consult your doctor for advice and assistance, and ring the Anxiety Recovery Centre Victoria's *OCD & Anxiety HelpLine* 03 9886 9377 for further information and referral advice.