

Monitoring Obsessive Thoughts and Compulsive Behaviors

Triggering event	Emotions and intensity (0-100)	Bodily sensations	First thought, worry, or image	Alternative realistic response	What did I do? How long? How much?	What is the result? What could I have done instead?
<p style="text-align: center;">What happened? Who was I with?</p>	<p style="text-align: center;">What was I feeling? To what extent?</p>	<p style="text-align: center;">How did my body react?</p>	<p style="text-align: center;">What initially crossed my mind? What did I think might happen? What did it mean to me?</p>	<p style="text-align: center;">What would be a healthier more balanced response to the event?</p>	<p style="text-align: center;">How did I cope?</p>	<p style="text-align: center;">How did my response work? If it didn't help, what can I do next time that would be more effective?</p>