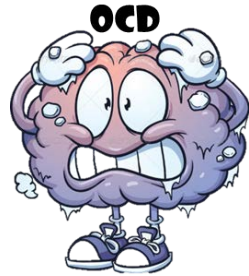


# Assignment: What OCD Makes Me Do!!!



Not happy you're about to point him out

To get credit for this assignment, spend some time thinking about how & where OCD tends to boss you around, write it down (or have someone else scribe for you), and return this sheet. You don't have to complete the 4<sup>th</sup> column ("temperature") yet...

Obsessions/Anxious Thoughts (itch)	Compulsions/Repetitive or Avoidant Behaviour (scratch)	Situation	Fearmometer Rating

<b>Obsessions/Anxious Thoughts (itch)</b>	<b>Compulsions/Repetitive or Avoidant Behaviour (scratch)</b>	<b>Situation</b>	<b>Fearmometer Rating</b>