


Obsession-Challenging Form (E.g.)

Date: Nov. 30					
Situation/ Trigger	Obsession	Feelings (0 – 10)	Interpretation	Balanced Alternative Interpretation	Feelings (0 – 10)
Used the grocery store pen to sign the credit card receipt	This pen is covered with germs from strangers. I could contract something and pass it on to my children, causing them to be sick.	Fear 9 Guilt 8	If I don't wash my hands knowing that I could be passing on some terrible disease to my children, then I would be a terrible and irresponsible parent. Not doing everything in my power to protect my children is as bad as hurting them myself.	This pen might be covered by some germs, but the probability of it containing a terrible disease for me to contract and then pass on to my children is extremely low. I am not an irresponsible parent just because my children get sick, as they might get sick from time to time no matter what I do to protect them from it. There is more evidence indicating that I am a responsible parent than there is suggesting that I am an irresponsible one.	Fear 3 Guilt 2

TIP: It can be helpful to list all evidence **for** and **against** the idea that you are an irresponsible parent and see which list is longer.



Thought-Challenging Form

Date:					
Situation/ Trigger	Obsession	Feelings (0 – 10)	Interpretation	Balanced Alternative Interpretation	Feelings (0 – 10)