

## Obsession-Challenging Form (E.g.)

**Date:** Nov. 30

Situation/ Trigger	Obsession	Feelings (0 – 10)	Interpretation	Balanced Alternative Interpretation	Feelings (0 – 10)
<p><i>Used the grocery store pen to sign the credit card receipt</i></p>	<p><i>This pen is covered with germs from strangers. I could contract something and pass it on to my children, causing them to be sick.</i></p>	<p><i>Fear 9 Guilt 8</i></p>	<p><i>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.</i></p>	<p><i>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.</i></p>	<p><i>Fear 3 Guilt 2</i></p>



**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)