

Thought Record

Trigger/thought/obsession-

Interpretation of trigger/thought/obsession

Emotion/feeling

Behavior/compulsion/action to decrease emotion

Examples

Thought 🤔 - I don't think I turned the stove off!

Interpretation of thought- version 1) I had the thought so I bet I didn't turn the stove off

Version 2) I bet I left it on and it's probably already started a fire at my house. I'm going to be responsible for killing fireman, neighbors....

Emotion-anxiety, distress, worry

Compulsion-version 1) check the stove, Version 2) send someone to check the stove, version 3) ask someone if they saw you check the stove....