

Obsessive Compulsive Disorder (OCD)

Cognitive Thinking Patterns for OCD: Check boxes that you relate to.

Catastrophizing:	Imagining and believing in the worst-case scenario.	
Negative Predictions:	Worrying about the future. Anticipating potential problems. Thinking, planning and preparing for negative outcome.	
Perfectionism:	Strong desire for things to be perfect, fear of making mistakes, or falling short of expectations.	
Overthinking:	Rumination, repetitive thinking patterns trying to find a solution but unable.	
All or Nothing Thinking	Black or white thinking, all good or all bad, all in or all out.	
Inflated Responsibility	Exaggerated sense of responsibility for causing or preventing harm. Even if events and situations are outside of their control.	
Overestimating Risk:	Over-evaluating risk, it seems worse, percentage of absolute risk is higher than norm.	
Need for Certainty	Need for certainty and intolerance for uncertainty.	
Magical thinking	Believing that certain action or thoughts can lead to both positive and negative outcomes.	
Over planning:	Considering all possibilities, constant check lists, attention to details beyond what is necessary.	
Intrusive thought and Images/Thought Fusion	Repetitive thoughts and images. Often believing that having a thought is equal to acting on the thought.	