

OCD worksheet for adults:Version 2

SYMPTOMS	NEVER 0	SOMETIMES 1	OFTEN 2
I arrange my things again and again			
I get really upset or irritated if things are not arranged			
I count my actions to make sure that I do it each time.			
I check locks and doors again and again.			
I check the gas knob to be sure my house is not burnt down by the fire			
I feel my clothes get dirty. So I change them more than once daily.			
I take a long bath.			
I get repetitive thoughts that make me anxious.			
I check the locks many times before sleeping.			
I do not share anything with anyone.			

Total score _____

From how long am I experiencing these symptoms _____