My OCD symptoms diary

University of East Anglia

Date & time	Situation (Where I am, what I am doing, what is going on around me)	Obsessional thought/ image/ impulse (That gives distress and urge to carry out compulsion)	Distress level (0 not at all distressed, 10 the most distressed you have been)	Compulsive activity (Describe what you did to feel better/ less distressed)	Time spent (Undertaking Compulsive Activity)	What made you stop doing the compulsive activity (eg. when reached a certain number or when it felt right)

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