

Intrusive and Obsessional Thinking Hierarchy

First write down the most intrusive thoughts and worries that maintain your distress. Use the back of this form or a blank piece of paper to do this. Secondly, add them to the table below in rank order using the first two columns. In the third column, identify the situation, image or intrusion that triggers the neutralising habit or mental ritual. In the final column, rate how distracting, counter-productive or distressing each of the mental routines are from 0 (no problem) to 10 (maximum problem).

Rank Order	Intrusive / Obsessional Thought	What Triggers the Obsessional Thinking Pattern?	How Problematic Is This? 0 – 10