

PURE OBSESSIVE OCD SELF-ASSESSMENT

The more boxes you check, the more likely you are to have Pure O OCD. Call Catalina Behavioral Health at 520.999.2560 today for a professional evaluation. This self-assessment is not a diagnosis but can help you confirm that it's time to seek help.

I frequently have intrusive, thoughts that cause distress.

I mentally review past events to ensure I didn't make a mistake.

I often mentally reassure myself that everything's okay.

I do rituals like counting or repeating phrases when I feel stressed or anxious.

I'll avoid certain obsession-triggering situations or events.

I spend much time trying to erase my negative thoughts.

I analyze my thoughts to ensure they're correct and safe.

I visualize repetitive mental images or scenes to handle my anxiety.

I ask others for reassurances repeatedly, even after they've already assured me that all is well.

Obsessive thoughts and mental rituals interfere in my life.



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