

# Common Compulsions in OCD\*

## Washing and Cleaning

- Washing your hands too much or in a certain way
- Excessive showering, bathing, tooth brushing, grooming or toilet routines
- Cleaning household items or other objects too much
- Doing other things to prevent or remove contact with contaminants

## Checking

- Checking that you did not/will not harm others
- Checking that you did not/will not harm yourself
- Checking that nothing terrible happened
- Checking that you did not make a mistake
- Checking some parts of your physical condition or body

## Repeating

- Rereading or rewriting
- Repeating routine activities (examples: going in or out doors, getting up or down from chairs)
- Repeating body movements (example: tapping, touching, blinking)
- Repeating activities in "multiples" (examples: doing a task three times because three is a "good", "right", "safe" number)

## Mental Compulsions

- Mental review of events to prevent harm (to oneself, others, to prevent terrible consequences)
- Praying to prevent harm (to oneself, others, to prevent terrible consequences)
- Counting while performing a task to end on a "good", "right", or "safe" number
- "Cancelling Out" or "Undoing" (example: replacing a "bad" word with a "good" word to cancel it out)

## Other Compulsions

- Collecting items which results in significant clutter in the home (also called hoarding)
- Putting things in order or arranging things until it "feels right"
- Telling, asking, or confessing to get reassurance
- Avoiding situations that might trigger your obsessions

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