

Common Obsessions in OCD*

Contamination

- Body fluids (examples: urine, feces)
- Germs/disease (examples: herpes, HIV)
- Environmental contaminants (examples: asbestos, radiation)
- Household chemicals (examples: cleaners, solvents)
- Dirt

Losing Control

- Fear of acting on an impulse to harm oneself
- Fear of acting on an impulse to harm others
- Fear of violent or horrific images in one's mind
- Fear of yelling out insults or swearing
- Fear of stealing things

Perfectionism

- Concern about evenness or exactness
- Concern with a need to know or remember
- Fear of losing or forgetting important information when throwing out something
- Unable to decide whether to keep or to discard things
- Fear of losing things

Harm

- Fear of being responsible for something terrible happening (examples: fire, burglary)
- Fear of harming others because of not being careful enough (example: dropping something on the ground that someone might slip on and hurt themselves)

Unwanted Sexual Thoughts

- Forbidden or perverse sexual thoughts or images
- Forbidden or perverse sexual impulses about others
- Obsessions about homosexuality
- Sexual obsessions that involve children or incest
- Obsessions about aggressive sexual behavior towards others

Religious Obsessions (also called *Scrupulosity*)

- Concern with offending God or blasphemy.
- Excessive concern with right/wrong or morality.

Other Obsessions

- Concern with getting a physical illness or disease (not by contamination e.g., cancer)
- Superstitious ideas about lucky/unlucky numbers, certain colors

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