MY SNEAKY COMPULSIONS MAP

A quick way to notice what OCD asks you to do when uncertainty shows up.

FUNCTION MATTERS MORE THAN FORM

Ask: “Am I using this to make room for uncertainty—or to get rid of it?”

1. WHAT HAPPENED?

Trigger, thought, image, sensation, memory, or doubt.

2. WHAT DID OCD WANT ME TO FIGURE OUT?

What question or uncertainty felt urgent?

3. WHAT DID I DO PHYSICALLY?

Examples: check, wash, ask, avoid, confess, repeat.

4. WHAT DID I DO MENTALLY?

Examples: review, analyze, compare, reassure, pray, neutralize, monitor.

5. WHERE DID I SEEK REASSURANCE OR INFORMATION?

Another person, Google, social media, a professional, myself, etc.

6. WHAT WAS I HOPING THESE BEHAVIORS WOULD GIVE ME?

Certainty, relief, safety, “just right,” proof/meaning, or something else.

7. WHAT UNCERTAINTY WAS I TRYING NOT TO FEEL?

Name the part OCD wanted resolved.

8. WHAT MIGHT WILLINGNESS LOOK LIKE INSTEAD?

What would leaving some uncertainty unresolved look like?

What was I hoping to get? ☐ Certainty ☐ Relief ☐ Safety ☐ “Just right” ☐ Proof / meaning ☐ Other: _____

REMEMBER

You do not need to perfectly identify every ritual. The goal is to become more aware of the behaviors that keep pulling you back into the OCD cycle.