

MENTAL COMPULSIONS CONTINUUM

Simple form

Complex form

Saying words, numbers,
or phrases

Counting words, letters,
numbers or objects

Repeating/making list of individual
items or categories

Replacing an obsession with a dif-
ferent image or word

Saying prayers

Scanning thoughts, sensations, feel-
ings, reactions or emotions

Reviewing and replaying past
situations

Dissecting and scrutinizing past
situations with "what if" scenarios

Anticipating future situations with or
without "what if" scenarios

Figuring out the meaning of experiences:
thoughts, images, sensations, feelings

Figuring out major life issues
or existential matters



From the upcoming workbook: Living Beyond OCD Using Acceptance Commitment Therapy: A Workbook for Adults
© 2020 Taylor & Francis. All Rights Reserved. This chart may not be reproduced or transmitted in any form without prior permission
www.actbeyonddocd.com