



How are things?

Date: / / **20**

Time: h m

Please put a circle around the word that shows how often each of these things happen to you.
There are no right or wrong answers.

		0	1	2	3
1	I get bothered by bad or silly thoughts or pictures in my mind	Never	Sometimes	Often	Always
2	I have to keep checking that I have done things right (like the switch is off, or the door is locked)	Never	Sometimes	Often	Always
3	I can't seem to get bad or silly thoughts out of my head	Never	Sometimes	Often	Always
4	I have to think of special thoughts (like numbers or words) to stop bad things from happening	Never	Sometimes	Often	Always
5	I have to do some things over and over again (like washing my hands, cleaning or putting things in a certain order)	Never	Sometimes	Often	Always
6	I have to do some things in just the right way to stop bad things from happening	Never	Sometimes	Often	Always

NHS ID:

Service allocated case ID

SUM:

