Common beliefs and meanings.

**Instructions:** It can be helpful to identify the significance we are attaching to our thoughts in order to reappraise them. You might also find that even if you have several OCD themes, or your OCD themes have shifted over time, underneath the surface of the different obsessions there are the same beliefs keeping OCD going.

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| What are your common beliefs and meanings? |
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| What are your common underlying themes |
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Feel free to print and use this worksheet as many times as you like.