Theory A / Theory B.

**Instructions:** Theory A represents OCD's argument that the problem is danger or risk and you must spend all your time preventing it. Theory B instead suggests that the problem we have is one of worry about danger or risk, so we do not need to respond in the way OCD (theory A) might be telling us to. Enter your own Theory A / Theory B alternatives and discuss with your therapist.

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| **Theory A** | **Theory B** |
| Example:I might be attracted to children, therefore I must check for arousal and that must mean I am a paedophile. | Example:I am a caring person who worries I may hurt a child and current media coverage on abuse stories led me to look for signs I may harm a child. |
| Example: I am contaminated and will pass germs on to loved ones who will get ill and die. | Example: I am a clean person who worries too much about germs and not wanting to pass on to a loved one. |
| Example: I am careless so I must check the plugs so the house doesn’t catch fire and kill my pets which will be my fault | Example: I am a careful person that cares about my pets and I worry that an electrical fire might burn the house down. |

Feel free to print and use this worksheet as many times as you like.