

Beliefs related to OCD (and other anxiety disorders)

Belief	Descriptors	Examples
Intolerance of uncertainty	<ul style="list-style-type: none"> - It's necessary to be certain - Lack the capacity to cope with unpredictable change - Lack of adequate functioning in situations that are inherently ambiguous 	<i>If I'm not absolutely sure of something, I'm bound to make a mistake...I must be certain of my decisions...It's essential for me to consider all possible outcomes of a situation...It's essential for everything to be clear cut, even in minor matters.</i>
Overestimation of threat	<ul style="list-style-type: none"> - The likelihood of aversive events - The severity + consequences 	<i>Even when I'm careful, I often think bad things will happen...Having intrusive thoughts means I'm out of control...Harmful events will happen unless I'm very careful...I often think things around me are unsafe...In order to feel safe, I have to be as prepared as possible for anything that could go wrong</i>
Perfectionism	<ul style="list-style-type: none"> - A perfect solution to every problem - Doing something perfectly (i.e., mistake-free) is necessary - Even minor mistakes will have serious consequences 	<i>Things are not right if they're not perfect...If I don't do it perfectly, people won't respect me ... In order to be a worthwhile person, I must be perfect at everything I do...I must keep working at something until it's done exactly right</i>
Inflated Responsibility	<ul style="list-style-type: none"> - One has power that is pivotal to bring about (or prevent) subjectively negative outcomes. - Outcomes are perceived as essential to prevent. - May have consequences in the real world and/or at a moral level 	<i>If I don't act when I foresee danger, then I'm to blame for consequences...If my actions could have even a small effect on a potential misfortune, I am responsible for the outcome...I should make sure others are protected from any negative consequences of my decisions or actions...If I don't act when I foresee danger, then I am to blame for any consequences...I should make sure others are protected from any negative consequences of my decisions or action</i>
Over-importance of thoughts	<ul style="list-style-type: none"> - The mere presence of a thought indicates it's important. - Thought-Action Fusion - Magical Thinking 	<i>Having bad thoughts means I'm weird or abnormal...If I have aggressive thoughts or impulses about my loved ones, this means I may secretly want to hurt them...Having violent thoughts means I will become violent...I should not have bizarre or disgusting thoughts...Having nasty thoughts means I'm a terrible person...</i>
Need to Control Thoughts	<ul style="list-style-type: none"> - Over-valuation of the importance of exerting complete control over intrusive thoughts, images, and impulses - It's not only possible, but desirable 	<i>Even if harm is very unlikely, I should try to prevent it at any cost...I should be able to rid my mind of unwanted thoughts...Avoiding serious problems (e.g., illness or accidents) requires constant effort on my part...If I don't take extra precautions, I'm more likely than others to have or cause a serious disaster...In order to feel safe, I have to be as prepared as possible for anything that could go wrong</i>