

### Category 5: Sexually Intrusive Thoughts

*Examples...*

- Unpleasant thoughts about someone of the same sex if you are heterosexual (or opposite sex if you are homosexual)
- Thoughts about doing awful, improper, or embarrassing things of a sexual nature that you don't really want to do (including sexual acts with children or authority figures)
- Thoughts about forcing someone to do something sexually or of being forced to do a sexual act
- Repeating an action or following a special routine because of sexually intrusive thoughts
- Mentally performing an action or saying prayers to get rid of an unwanted or unpleasant sexual thought
- Avoidance of people, place, situations, or other triggers of sexually intrusive thoughts

The next questions ask about your experiences with sexual thoughts that come to mind against your will and behaviors designed to deal with these thoughts over the last month. Keep in mind that your experiences might be slightly different than the examples listed above. Please circle the number next to your answer:

1. About how much time have you spent each day with sexually intrusive thoughts and with behavioral or mental actions to deal with them?
  - 0 None at all
  - 1 Less than 1 hour each day
  - 2 Between 1 and 3 hours each day
  - 3 Between 3 and 8 hours each day
  - 4 8 hours or more each day
  
2. To what extent have you been avoiding situations, places, objects and other reminders (e.g., numbers, people) that trigger sexually intrusive thoughts?
  - 0 None at all
  - 1 A little avoidance
  - 2 A moderate amount of avoidance
  - 3 A great deal of avoidance
  - 4 Extreme avoidance of nearly all things
  
3. When sexually intrusive thoughts come to mind against your will how distressed or anxious did you become?
  - 0 Not at all distressed/anxious
  - 1 Mildly distressed/anxious
  - 2 Moderately distressed/anxious
  - 3 Severely distressed/anxious
  - 4 Extremely distressed/anxious
  
4. To what extent has your daily routine (work, school, self-care, social life) been disrupted by sexually intrusive thoughts and efforts to avoid or deal with such thoughts?
  - 0 No disruption at all.
  - 1 A little disruption, but I mostly function well.
  - 2 Many things are disrupted, but I can still manage.
  - 3 My life is disrupted in many ways and I have trouble managing.
  - 4 My life is completely disrupted and I cannot function at all.
  
5. How difficult is it for you to disregard sexually intrusive thoughts and refrain from using behavioral or mental acts to deal with them when you try to do so?
  - 0 Not at all difficult
  - 1 A little difficult
  - 2 Moderately difficult
  - 3 Very difficult
  - 4 Extremely difficult

## Category 6: Intrusive Violent Thoughts

Examples...

- Thoughts or images of violently harming someone else (e.g., pushing, punching, stabbing, or choking someone else)
- Thoughts or images of violently harming yourself (e.g., cutting, hitting, or hanging yourself)
- Repeating an action or following a special routine because of violent thoughts
- Mentally performing an action or saying prayers to get rid of violent thoughts
- Avoidance of certain people, places, situations or other triggers of violent thoughts

The next questions ask about your experiences with intrusive violent thoughts and behaviors designed to deal with them over the last month. Keep in mind that your experiences might be slightly different than the examples listed above. Please circle the number next to your answer:

1. About how much time have you spent each day with intrusive violent thoughts and with behavioral or mental actions to deal with them?
  - 0 None at all
  - 1 Less than 1 hour each day
  - 2 Between 1 and 3 hours each day
  - 3 Between 3 and 8 hours each day
  - 4 8 hours or more each day
  
2. To what extent have you been avoiding situations, places, objects and other reminders (e.g., numbers, people) that trigger intrusive violent thoughts?
  - 0 None at all
  - 1 A little avoidance
  - 2 A moderate amount of avoidance
  - 3 A great deal of avoidance
  - 4 Extreme avoidance of nearly all things
  
3. When intrusive violent thoughts come to mind against your will how distressed or anxious did you become?
  - 0 Not at all distressed/anxious
  - 1 Mildly distressed/anxious
  - 2 Moderately distressed/anxious
  - 3 Severely distressed/anxious
  - 4 Extremely distressed/anxious
  
4. To what extent has your daily routine (work, school, self-care, social life) been disrupted by intrusive violent thoughts and efforts to avoid or deal with such thoughts?
  - 0 No disruption at all.
  - 1 A little disruption, but I mostly function well.
  - 2 Many things are disrupted, but I can still manage.
  - 3 My life is disrupted in many ways and I have trouble managing.
  - 4 My life is completely disrupted and I cannot function at all.
  
5. How difficult is it for you to disregard intrusive violent thoughts and refrain from using behavioral or mental acts to deal with them when you try to do so?
  - 0 Not at all difficult
  - 1 A little difficult
  - 2 Moderately difficult
  - 3 Very difficult
  - 4 Extremely difficult

### Category 7: Immoral and Scrupulous Thoughts

Examples...

- Blurting out obscenities
- Blasphemous thoughts or immoral thoughts related to a religious figure
- Repeating an action or following a special routine because of an immoral thought.
- Mentally performing an action or saying prayers to get rid of an immoral thought.
- Avoidance of certain people, places, situations or other triggers of immoral thoughts

The next questions ask about your experiences with immoral or scrupulous thoughts that come to mind against your will and behaviors designed to deal with these thoughts over the last month. Keep in mind that your experiences might be slightly different than the examples listed above. Please circle the number next to your answer:

1. About how much time have you spent each day with immoral thoughts and with behavioral or mental actions to deal with them?
  - 0 None at all
  - 1 Less than 1 hour each day
  - 2 Between 1 and 3 hours each day
  - 3 Between 3 and 8 hours each day
  - 4 8 hours or more each day
  
2. To what extent have you been avoiding situations, places, objects and other reminders (e.g., numbers, people) that trigger immoral thoughts?
  - 0 None at all
  - 1 A little avoidance
  - 2 A moderate amount of avoidance
  - 3 A great deal of avoidance
  - 4 Extreme avoidance of nearly all things
  
3. When immoral thoughts come to mind against your will how distressed or anxious did you become?
  - 0 Not at all distressed/anxious
  - 1 Mildly distressed/anxious
  - 2 Moderately distressed/anxious
  - 3 Severely distressed/anxious
  - 4 Extremely distressed/anxious
  
4. To what extent has your daily routine (work, school, self-care, social life) been disrupted by immoral thoughts and efforts to avoid or deal with such thoughts?
  - 0 No disruption at all.
  - 1 A little disruption, but I mostly function well.
  - 2 Many things are disrupted, but I can still manage.
  - 3 My life is disrupted in many ways and I have trouble managing.
  - 4 My life is completely disrupted and I cannot function at all.
  
5. How difficult is it for you to disregard immoral thoughts and refrain from using behavioral or mental acts to deal with them when you try to do so?
  - 0 Not at all difficult
  - 1 A little difficult
  - 2 Moderately difficult
  - 3 Very difficult
  - 4 Extremely difficult