OCD Model
(Salkovskis 1985)

Situation

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Trigger
Intrusion (thought, image, impulse, doubt)

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Appraisal / Meaning
Responsibility for outcome (for harm, contamination etc)

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Response

Behavioural
Checking
Avoidance
Distraction
Repeating
Suppression
Rituals

Emotional
Distress
Anxiety
Disgust

Short circuit habit