

Name..... Date.....

## RIQ

We are interested in your reaction to intrusive thoughts that you have had in the last 2 weeks. Intrusive thoughts are thoughts that suddenly enter your mind, may interrupt what you are thinking or doing and tend to recur on separate occasions. They may occur in the form of words, mental image, or an impulse (a sudden urge to carry out some action). We are interested in those intrusive thoughts that are unacceptable. Research has shown that most people experience or have experienced such thoughts which they find unacceptable in some way, at some time in their lives to a greater or lesser degree, so there is nothing unusual about this.

Some examples of unpleasant intrusions are:

- Repeated image of attacking someone*
- Suddenly thinking that your hands are dirty and you may cause contamination*
- Suddenly thinking you might not have turned off the gas, or that you left a door unlocked*
- Repeated senseless images of harm coming to someone you love*
- Repeated urge to attack or harm somebody (even though you would never do this)*

These are just a few examples of intrusions to give you some idea of what we are looking at; people vary tremendously in the type of thoughts that they have.

## IMPORTANT

**Think of INTRUSIONS OF THE TYPE DESCRIBED ABOVE that you have had in the last 2 weeks, and answer the following questions with these intrusions in mind. The questions do NOT relate to all thoughts but specifically to your negative intrusions.**

Please write down intrusions that you have had in the last 2 weeks:

- 1.
- 2.
- 3.
- 4.
- 5.

