

LIST OF COMMON INTRUSIVE THOUGHTS

Virtually everyone experiences some unwanted, intrusive thoughts. It is a common human experience. This is a list of thoughts, images and impulses reported by non-clinical participants and by patients with obsessions.

Intrusive, Unwanted Thoughts, Images, and Impulses

1. *Impulse* To hurt or harm someone (non-clinical)
2. *Impulse* To say something nasty and damning to someone (non-clinical)
3. *Thought* Of harm to, or death of, close friend or family member (non-clinical)
4. *Thought* Of acts of violence in sex (clinical)
5. *Impulse* To crash car, when driving (clinical)
6. *Thought* 'Why should they do that? They shouldn't do that', in relation to people 'misbehaving' (non-clinical)
7. *Impulse* To attack, or strangle cats or kittens (clinical)
8. *Thought* 'I wish he/she were dead', with reference to persons close and dear, also other (clinical)
9. *Thought* To harm partner with physical violence (clinical)
10. *Impulse* To attack and violently punish someone, e.g. to throw a child out of a bus (non-clinical)
11. *Impulse* To engage in certain sexual practices which involve pain to the partner (non-clinical)
12. *Thought* 'Did I commit this crime?', when reading or hearing reports of crime (clinical)
13. *Thought* That one might go berserk all of a sudden (clinical)
14. *Thought* Wishing and imagining that someone close to her was hurt or harmed (non-clinical)
15. *Impulse* To violently attack and kill a dog (non-clinical)
16. *Thought* 'These boys when they were young'-a mechanically-repeated phrase (clinical)
17. *Impulse* To attack or harm someone, especially own son, with bat, knife, or heavy object (clinical)
18. *Thought* Of unnatural sexual acts (non-clinical)
19. *Thought* Of hurting someone by doing something nasty, not physical violence- 'Would I or would I not do it?' (non-clinical)
20. *Impulse* To be rude and say something nasty to people (non-clinical)
21. *Thought* Thought of obscene words, with large, clear images of the words in print (clinical)
22. *Image* Mental picture of stabbing a passer-by (clinical)
23. *Image* Mental picture of stripping in church (non-clinical)

(Source: Rachman & deSilva, 1978)