

Functional Assessment and Case Conceptualization Worksheet

Name: _____

Age: _____

External fear cues (places, people, things):		
Internal fear cues (thoughts, images, doubts, impulses, physical sensations):		
<i>Contamination</i>	SUD (0–10)	Impact (0–10)
<i>Harm</i>	SUD (0–10)	Impact (0–10)
<i>Incompleteness</i>	SUD (0–10)	Impact (0–10)
<i>Unacceptable thoughts</i>	SUD (0–10)	Impact (0–10)

Passive avoidance strategies and relationship to obsessive fear (e.g., avoids bathrooms to avoid germs, avoids cemeteries to avoid thoughts of death):		
	SUD (0–10)	Impact (0–10)
External or overt neutralization strategies and relationship to obsessive fear (e.g., checking backpack six times to avoid misplacing schoolwork; touch doorway with right shoulder, then left shoulder to feel even; retracing steps to eliminate bad thought to prevent bad luck):		
<i>Compulsions</i>	DTR (0–10)	Impact (0–10)
<i>Rituals</i>	DTR (0–10)	Impact (0–10)
Internal, mental, or covert neutralization strategies and relationship to obsessive fear (e.g., repeat phrase “In God’s hands” to feel safe, check whether sexually aroused to neutralize sexual thought):		
<i>Repeating</i>	DTR (0–10)	Impact (0–10)

<i>Checking</i>	DTR (0–10)	Impact (0–10)
<i>Suppression or distraction (e.g., suppressing thought to prevent acting on thought, distracting away from unwanted thought):</i>	DTR (0–10)	Impact (0–10)

Factors That Influence Implementation of Core Strategies:		
<i>Developmental factors</i>		
<i>Co-occurring diagnoses</i>		
<i>Family and cultural factors</i>		
<i>Strength factors</i>		

Potential Obstacles to Treatment:	Interventions to Manage Treatment Obstacles: