

People with OCD frequently avoid situations that provoke thoughts or urge to ritualise.
For example, someone with a fear of being contaminated would avoid hospitals, people that are ill,
certain objects that they feel will contaminate them.

Please list all situations, objects you avoid because they cause discomfort / anxiety

	Avoidance	Dial
1		
2		
3		
4		
5		
6		
7		
8		

9		
10		