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## **Relationship OCD (R-OCD) Screening Questionnaire**

- 1.** I often experience unwanted doubts about whether or not I actually love my spouse/partner.
- 2.** I often experience unwanted doubts about whether or not I am sexually attracted to my spouse/partner.
- 3.** During sex or other intimate moments (i.e., holding hands, kissing, or saying, “I love you”), I often monitor or mentally check my feelings of attraction and/or arousal.
- 4.** I sometimes have sex with my spouse/partner in order to “check” for attraction, arousal and/or feelings of emotional connection.
- 5.** I sometimes avoid sex with my spouse/partner, or avoid saying, “I love you”, or avoid other loving gestures (i.e., kissing, holding hands, etc.), in an effort to avoid having uncomfortable doubts about my relationship.
- 6.** There are times when I do not feel turned on by the thought of intimacy or sex with my spouse/partner, and I worry that this is evidence that I do not love them, or that I’m not really sexually attracted to them, and therefore I am in the wrong relationship.
- 7.** I often experience unwanted doubts about the physical attractiveness of my partner spouse/partner.
- 8.** I often fixate on what I perceive to be flaws or negative aspects of my partner’s appearance or character.
- 9.** I often mentally compare my spouse/partner to other people I view as attractive or desirable.
- 10.** I often mentally review my current relationship and compare it with past relationships.
- 11.** I often mentally compare my current relationship to my friends’ and family members’ relationships.
- 12.** I often notice others who I perceive to be attractive, and I worry that this is evidence that I do not really want to be with my spouse/partner.
- 13.** I sometimes have sexual thoughts, feelings, and/or fantasies about people other than my spouse/partner, and I worry that this is evidence that I do not really love my partner, and/or that I am in the wrong relationship.

- 14.** I sometimes “test” my feelings by spending time with/flirting with others, or searching dating sites to see if I am attracted to others.
- 15.** I avoid being around attractive or triggering people such as ex-lovers or others who I fear I may find attractive.
- 16.** I mentally compare my relationship to thoughts and feelings expressed in love songs, romantic novels, TV shows, movies, etc.
- 17.** I sometimes experience unwanted, intrusive doubts about my sexual orientation, and these thoughts lead me to question whether I am compatible with my spouse/partner.
- 18.** I often experience unwanted doubts about the character or integrity of my spouse/partner.
- 19.** I often experience unwanted doubts about the long-term compatibility of my spouse/partner and myself.
- 20.** I sometimes enjoy “alone time”, and I worry that this is evidence that I do not really love my partner, and/or that I am in the wrong relationship.
- 21.** In an effort to gain certainty about my relationship, I often seek counsel from friends, family, or mental health professionals about the attractiveness and/or compatibility of my spouse/partner.
- 22.** In an effort to gain certainty about my relationship, I often search online about love or relationship issues.
- 23.** In an effort to relieve my anxiety about my relationship, I sometimes confess to my spouse/partner that I am experiencing doubts about my feelings about them or about the viability of our relationship.
- 24.** In an effort to relieve my anxiety about my relationship, I sometimes confess to my spouse/partner that I am physically/sexually attracted to other people.
- 25.** I have broken up with my current partner on at least one occasion as a result of my unwanted doubts related to any of the above issues.
- 26.** I have ended other relationships in the past because of similar doubts and concerns.
- 27.** I often worry that I am in denial about having ROCD, and that I really just don’t love my spouse/partner.
- 28.** I often worry that I am emotionally harming my partner because of my doubts related to any of the above.
- 29.** My obsessional thoughts are interfering with my relationship, and/or with my academic or professional functioning.
- 30.** Hours per day having obsessions about my relationship.