

Thought-Action Fusion Worksheet

Thought-action fusion happens when OCD treats a thought as if it has the same meaning, moral weight, or power as an action. ERP can help you test OCD's predictions while also practicing uncertainty without compulsions.

Moral Thought-Action Fusion	Likelihood Thought-Action Fusion
Having an unwanted thought feels morally similar to doing the feared action.	Thinking about an unwanted event feels as if it makes the event more likely.

1. Identify the thought

What unwanted thought, image, urge, or mental event showed up?

2. What did OCD predict or say the thought meant?

Examples: "This means I am dangerous," "Having this thought makes me immoral," or "Thinking this could make it happen."

3. Which type is present?

☐ Moral	☐ Likelihood	☐ Both	☐ Not sure
--------------------------------	-------------------------------------	-------------------------------	-----------------------------------

4. What did OCD urge you to do?

Examples: check, confess, seek reassurance, review, avoid, pray, neutralize, suppress, or try to prove what the thought means.

Thought-Action Fusion Worksheet

5. Separate the thought from the action

What actually happened in my mind? Describe the thought without interpreting it.

What action did I actually take? Focus on observable behavior.

6. What did the exposure actually teach you?

Compare OCD's prediction with what actually happened. Learn from the experience without demanding a 100% guarantee about the future.

OCD's prediction	What actually happened
What did I learn?	What uncertainty remains?

7. Practice an ERP response

Use what you learned while leaving room for normal uncertainty. Avoid turning the response into reassurance or a promise that nothing bad could ever happen.

Instead of: "I need to prove this thought is completely harmless."

Practice: "Having the thought did not make me act on it. I do not need a guarantee about every future thought."

Instead of: "I need certainty that thinking this cannot cause anything."

Practice: "I can notice what actually happened and leave the remaining uncertainty alone."

My ERP response:

A thought can feel threatening without requiring a response. ERP helps you learn what happens when you allow the thought to be there without checking, avoiding, neutralizing, or seeking certainty.