Relationship Doubt: Make Room for Uncertainty and Choose an Action

Plan one ordinary action while reducing an agreed checking pattern. This page cannot tell you whether a relationship is right for you, or whether to stay or leave.

Adults | After clinician assessment of relationship-focused obsessive-compulsive symptoms.

Use with your clinician after discussing your relationship and safety. OCD treatment must not be used to dismiss abuse, coercion, unwanted sexual contact, or other concrete concerns. You remain free to set boundaries and make relationship decisions. Complete one example; do not turn the page into a relationship test. Write by hand, or type and save a copy.

1. What pulled me into checking?

Brief situation:

The answer I felt I had to get immediately:

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2. My checking pattern

What did I do to try to settle that question? For example: repeatedly compare, test a feeling, review memories, interrogate a partner, or search for an answer.

What did that pattern keep me from doing?

3. What belongs in a real conversation?

Is there a concrete boundary, preference, agreement, or safety concern I want to discuss? Write the issue briefly, without deciding here whether it is "really OCD."

Who can help me address that issue, and when?

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4. Choose a way of showing up

A quality I want to bring to my actions today, such as respect, honesty, patience, or self-respect:

One small, freely chosen action consistent with that quality:

Examples: Listen to a partner's story without measuring my feelings; state a preference clearly; spend time on my own interests without checking what that means about the relationship.

5. Agree on the response-prevention piece

With my clinician, the checking behavior I will practice leaving out:

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If doubt appears during the activity, how will I return to what I chose without arguing with the doubt?

My action does not need to produce a particular feeling. I will not use it as a test of love, attraction, certainty, or compatibility.

6. Review the action, not the relationship verdict

What did I choose to do?

What made it hard, and what should we adjust next time?

No forced affection, sex, disclosure, or continued contact. Do not use uncertainty practice to tolerate mistreatment. If safety is uncertain, discuss it privately with a qualified professional before involving a partner.