Scrupulosity: Faith, Values, and OCD

A reflection worksheet for separating meaningful conviction from compulsive certainty seeking

Purpose: This worksheet helps examine religious or moral concerns without treating faith itself as the problem. It focuses on the additional certainty, repetition, and ritual that OCD may demand.

1. Faith or OCD Demand?

Scrupulosity often attaches OCD's demand for certainty to questions that genuinely matter. The goal is not to dismiss faith or morality, but to notice when thoughtful discernment becomes repetitive certainty seeking.

2. Identify Scrupulosity Rituals

[ ] Repeated confession [ ] Repeated prayer [ ] Reassurance from clergy/family

[ ] Mental review of motives [ ] Researching doctrine for certainty [ ] Avoiding ordinary decisions

[ ] Checking sincerity [ ] Repeating until it feels right [ ] Testing whether I truly believe

Other patterns:

3. Reasonable Responsibility vs. Perfect Certainty

What responsibility, repair, prayer, or decision would be reasonable if I were not trying to become 100% certain?

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What extra action does OCD demand after reasonable responsibility has already been taken?

4. Practice Leaving the Question Open

A religious or moral uncertainty I am willing to practice carrying:

The ritual I will resist:

What valued or faithful action can I take without first resolving the uncertainty?

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5. Responses That Do Not Provide Reassurance

Examples: "Maybe, maybe not." "I am not going to solve that question again." "I can act according to my values without perfect certainty." Choose language that fits your treatment plan and beliefs.

A response I can practice:

6. Reflection

How does OCD try to define faithfulness as certainty, perfect motives, or perfect feelings?

What would responsible faithfulness look like if uncertainty were allowed to remain?

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1. Faith or OCD Demand?

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Entry 1 · Concern

What my faith/values reasonably ask of me

What OCD additionally demands

Entry 2 · Concern

What my faith/values reasonably ask of me

What OCD additionally demands