LIST OF COMMON INTRUSIVE THOUGHTS

Virtually everyone experiences some unwanted, intrusive thoughts. It is a common human experience. This is a list of thoughts, images, and impulses reported by non-clinical participants and by patients with obsessions.

**Intrusive, Unwanted Thoughts, Images, and Impulses**

1. **Impulse**
   To hurt or harm someone (non-clinical)

2. **Impulse**
   To say something nasty and damning to someone (non-clinical)

3. **Thought**
   Of harm to, or death of, close friend or family member (non-clinical)

4. **Thought**
   Of acts of violence in sex (clinical)

5. **Impulse**
   To crash car, when driving (clinical)

6. **Thought**
   ‘Why should they do that? They shouldn’t do that’, in relation to people ‘misbehaving’ (non-clinical)

7. **Impulse**
   To attack, or strangle cats or kittens (clinical)

8. **Thought**
   ‘I wish he/she were dead’, with reference to persons close and dear, also other (clinical)

9. **Thought**
   To harm partner with physical violence (clinical)

10. **Impulse**
    To attack and violently punish someone, e.g. to throw a child out of a bus (non-clinical)

11. **Impulse**
    To engage in certain sexual practices which involve pain to the partner (non-clinical)

12. **Thought**
    ‘Did I commit this crime?’, when reading or hearing reports of crime (clinical)

13. **Thought**
    That one might go berserk all of a sudden (clinical)

14. **Thought**
    Wishing and imagining that someone close to her was hurt or harmed (non-clinical)

15. **Impulse**
    To violently attack and kill a dog (non-clinical)

16. **Thought**
    ‘These boys when they were young’—a mechanically-repeated phrase (clinical)

17. **Impulse**
    To attack or harm someone, especially own son, with bat, knife, or heavy object (clinical)

18. **Thought**
    Of unnatural sexual acts (non-clinical)

19. **Thought**
    Of hurting someone by doing something nasty, not physical violence—‘Would I or would I not do it?’ (non-clinical)

20. **Impulse**
    To be rude and say something nasty to people (non-clinical)

21. **Thought**
    Thought of obscene words, with large, clear images of the words in print (clinical)

22. **Image**
    Mental picture of stabbing a passer-by (clinical)

23. **Image**
    Mental picture of stripping in church (non-clinical)

(Source: Rachman & deSilva, 1973)