WORKSHEET **When to Get Professional Help**

Tick any that have been true for two weeks or more (the last one counts even once). If you tick even one, talk to a doctor or licensed therapist.

- ☐ I feel I have to do a ritual, and skipping it fills me with dread.
- ☐ My rituals or checking take up a lot of my day.
- ☐ Worry is getting in the way of my sleep, work or time with people.
- ☐ I'm avoiding places or people because of a bad-luck feeling.
- ☐ I'm gambling more than I planned or hiding it from someone.
- ☐ I've had thoughts of hurting myself. (Reach out now: a doctor or someone you trust.)

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