

My Compulsion Map

The image shows a worksheet titled "My Compulsion Map" with a background of spider webs. It consists of two columns of ten rectangular boxes each, outlined in brown. The boxes are numbered from 1 to 10 in a handwritten style. The left column is numbered 10, 8, 6, 4, 2 from top to bottom. The right column is numbered 9, 7, 5, 3, 1 from top to bottom. The boxes are intended for recording compulsions.