

RITUAL IDENTIFICATION CHART

<p>Directions: Identify the rituals you perform to undo or prevent harm, mistakes, deprivation, or other problems. Calculate the amount of time you spend performing these rituals. Make sure you have examined all of your repetitious habits to determine if they are compulsions.</p>	
Repeated Habits and Actions	Performance/Time
<p>Examples:</p> <ul style="list-style-type: none"> <li style="display: flex; justify-content: space-between; margin-bottom: 5px;"> • Repeating what I am doing to “undo” a bad thought 30 minutes/day <li style="display: flex; justify-content: space-between; margin-bottom: 5px;"> • Counting the number of times I am repeating to make sure is not three times or a multiple of three 60 minutes/day <li style="display: flex; justify-content: space-between; margin-bottom: 5px;"> • Washing my hands 40 times/day <li style="display: flex; justify-content: space-between; margin-bottom: 5px;"> • Calling my husband to make sure he hasn’t been hurt 50 minutes/day <li style="display: flex; justify-content: space-between; margin-bottom: 5px;"> • Counting rolls of toilet paper, canned goods, etc. 20 minutes/day <li style="display: flex; justify-content: space-between; margin-bottom: 5px;"> • Buying things from garage sales 10 hours/week <li style="display: flex; justify-content: space-between;"> • Putting two periods after every sentence I write 10 minutes/day <p>My Rituals:</p>	

Chart adapted from information in *Stop Obsessing!* by Edna Foa and Reid Wilson (Bantam Books, 1991), p.62.