

Handout 10

Guidelines for “Normal Behavior”

General Guidelines:

- Continue to expose yourself weekly to objects, people, places, or situations that used to disturb you.
- If anything is still somewhat disturbing, expose yourself to it twice weekly.
- Do not avoid situations that cause some discomfort.
- If you notice a tendency to avoid a situation, make a point to confront it deliberately twice per week.

Checking:

- Do not check more than once any objects or situations that used to trigger an urge to check.
- Do not check even once in situations that your therapist has said do not require checking.
- Do not avoid situations that trigger an urge to check.
- Do not ask friends or family members to check things for you.

Mental Compulsions:

- Do not exceed two acts of mental repetition of special words per week.
- Do not exceed two acts of mental reviewing per week.
- Do not engage in mental undoing.

Reassurance Seeking:

- Do not exceed two acts of reassurance seeking per week.

Somatic Checking:

- Do not check even once for arousal in situations that your therapist has advised you do not require checking.

Washing:

- Do not take more than one 15-minute shower daily.
- Do not wash your hands more than 5 times per day, no more than 20 seconds each.
- Limit handwashing to: before meals, after using the bathroom, after handling greasy or visibly dirty things.

Other Guidelines: