Form 1.2. Identifying Your Compulsive Strategies

Compulsive Strategies	
Theme 1	Theme 2
Overt Compulsions	Overt Compulsions
1.	1.
2.	2.
3.	3.
4.	4.
Covert Compulsions	Covert Compulsions
1.	1.
2.	2.
3.	3.
Reassurance Seeking	Reassurance Seeking
1.	1.
2.	2.
3.	3.
Safety Behaviors	Safety Behaviors
1.	1.
2.	2.
3.	3.
Avoidance	Avoidance
1.	1.
2.	2.
3.	3.
Self-Testing	Self-Testing
1.	1.
2.	2.

Copyright © 2024 by Frederick Aardema. Mount Royal Publishing. All Rights Reserved. Permission is granted for personal use and use with clients. Any reproduction, distribution, or use beyond these permissions, in any form or by any means, without prior written consent, is strictly prohibited.