

Table 1.1.
Types of Compulsive Strategies in OCD

Compulsive Strategy	Examples
Overt Compulsions Repetitive behaviors or actions that are observable and visible to others.	Ordering, checking, washing, tapping, touching, aligning, repeating, counting out loud.
Covert Compulsions Mental rituals or internalized behaviors not readily observable to others.	Repeating mantras, mental counting, mental neutralizing, self-analysis, praying, reviewing, ruminating, monitoring.
Reassurance seeking The act of repeatedly seeking validation, confirmation or comfort from outside sources.	Consulting with authorities, doctors, family members, friends, therapists, internet searches, researching.
Safety Behaviors Subtle avoidance behaviors to prevent or reduce the likelihood of obsessions and distress	Using gloves, masks, protective gear, driving slowly, distracting oneself, paying too much attention.
Avoidance Evading stimuli that trigger distressing obsessive thoughts and anxiety.	Avoiding places, people, objects, items, topics of conversation, news, media, activities, decisions.
Self-Testing Purposely engaging with situations that provoke obsessions to reassure oneself.	Purposely thinking blasphemous thoughts to test if you feel guilty or anxious enough, looking at individuals to test for sexual attraction.

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.