

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.