

OVERCOMING COMPULSIONS

To change a compulsion, you sneak up on them, going from the easiest aspect of that behavior to change, then the hardest. Then identify the steps that bridge the gap between these points.

What Behavior Do I Feel Most Compulsive About?

___ Acquiring _____

___ Keeping _____

Easiest acquiring behavior to change _____

Interim steps: 1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

Hardest _____

Easiest keeping behavior to change _____

Interim steps: 1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

Hardest _____