

Common Compulsions

Compulsions can be things you do outwardly or things you do silently in your mind. Both are often attempts to reduce anxiety, gain certainty, prevent something bad, or make something feel "just right."

BEHAVIORAL RITUALS	MENTAL RITUALS
• Making things feel "just right" • Checking multiple times • Excessive hand washing or showering • Googling or researching excessively • Avoiding situations that cause anxiety • Making lists or repeatedly writing things down	• Replaying memories or conversations • Ruminating or repeatedly analyzing • Thinking positive thoughts to stop or counter negative thoughts • Reassuring yourself again and again (false comfort) • Counting or making lists in your head • Repeating words or phrases until they mentally feel right

Remember: The same action is not always a compulsion. What matters is its purpose. If you are doing something repeatedly to get rid of distress, obtain certainty, neutralize a thought, or prevent a feared outcome, it may be functioning as a ritual.