

RITUAL IDENTIFICATION CHART

D irections: Identify the rituals you perform to undo or prevent harm, mistakes, deprivation, or other problems. Calculate the amount of time you spend performing these rituals. Make sure you have examined all of your repetitious habits to determine if they are compulsions.	
Repeated Habits and Actions	Performance/Time
Examples:	
<ul style="list-style-type: none"> • Repeating what I am doing to “undo” a bad thought • Counting the number of times I am repeating to make sure is not three times or a multiple of three • Washing my hands • Calling my husband to make sure he hasn’t been hurt • Counting rolls of toilet paper, canned goods, etc. • Buying things from garage sales • Putting two periods after every sentence I write 	30 minutes/day 60 minutes/day 40 times/day 50 minutes/day 20 minutes/day 10 hours/week 10 minutes/day
My Rituals:	

Chart adapted from information in *Stop Obsessing!* by Edna Foa and Reid Wilson (Bantam Books, 1991), p.62.