

CONTROLLING YOUR 'CHECKING' BEHAVIOR

Introduction

Compulsive checking behavior is common with people who have anxiety disorders. Some people repeatedly check to see if a door or window is locked. Some people check to see if ovens are faucets are turned off. Some people must check throughout the day to make sure that the people they love are okay. Checking behavior is a characteristic of Obsessive Compulsive Disorder (OCD), and can reduce anxiety for short period of time. Many people get into the habit of checking, without even realizing it. If you think that your checking behavior has become a problem and has become disruptive in your life, then the first step is to become more aware of how often you do this behavior.

Your Checking Behavior

Checking behavior you'd like to control:

How often do you think you do this? _____

What are the potential negative effects of this behavior _____

Tracking Your Checking Behavior For One Week

Day 1) Date: _____ How many times did you engage in this habit today? _____

Day 2) Date : _____ How many times did you engage in this habit today? _____

Day 3) Date: _____ How many times did you engage in this habit today? _____

Day 4) Date: _____ How many times did you engage in this habit today? _____

Day 5) Date : _____ How many times did you engage in this habit today? _____

Day 6) Date : _____ How many times did you engage in this habit today? _____

Day 7) Date : _____ How many times did you engage in this habit today? _____

Total time: _____