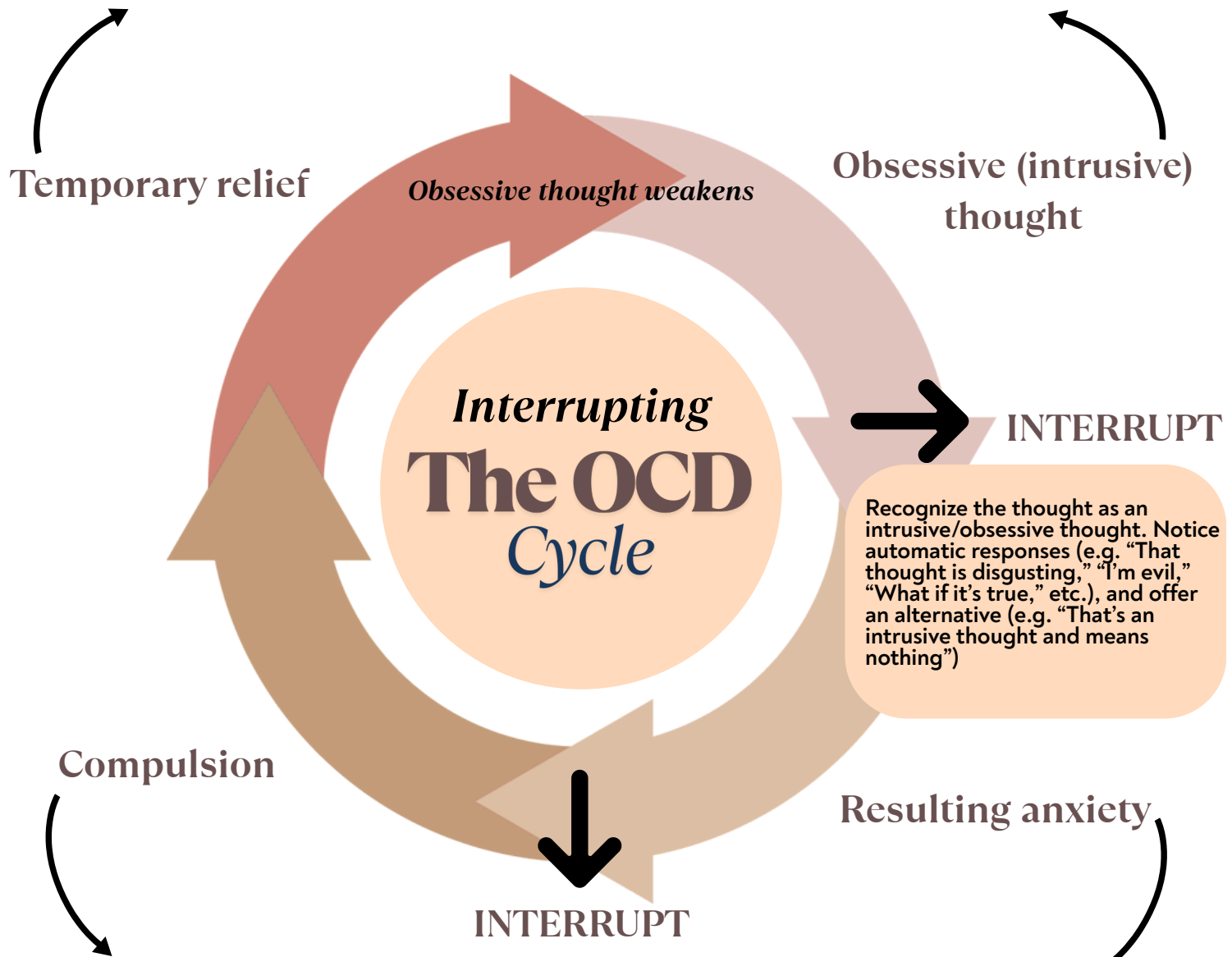


The compulsion may result in temporary relief, but the interruptions ultimately weaken the cycle.

To continue weakening the cycle, continue to interrupt it.

A thought enters, either out of the blue or caused by a trigger. This could be an abstract thought, words, an image, etc. These thoughts often contrast the individual's morals.



The thought will likely still cause anxiety, and that's okay. You may find the anxiety less intense at this point, and with practice, you'll likely find it diminishing more and more. This is the time to sit with the feelings and urges to perform a compulsion by using breathing exercises, grounding, distraction, etc.

If you are not ready to refuse the compulsion, that's okay. There are steps you can take. If you normally perform the compulsion 8 times, is there a slightly less "safe" number you could perform it? If you normally perform the compulsion instantly, could you wait 2 minutes this time? Maybe 5 minutes next time? All of these options gradually *weaken* the cycle.