

Response Prevention Planning

Exposure area/ core fear: Contamination/Spreading Illness

Goal of exposures: To increase connection with others by being able to engage in public outings (eating in public, going to museums, going to amusement parks, etc.)

Value(s) to connect with: Relationships

Hierarchy Example

Do not wear a mask in public	10
Sneeze into arm without mask	9
High five friend	9
Go to an indoor concert	7
Touch door handles in public without washing hands	6
Touch door handles in public with washing hands	4
Go to a park/stay away from others	3
Have a friend over after a week staying home without symptoms	1



Response Prevention Plan Examples:

Exposure example: Touch door handle in a public space that has high frequency

Anticipated compulsive urges: Wash hands, use hand sanitizer, and avoid touching anything until hands are washed

Stimulus Control:

- Do not bring hand sanitizer with you
- Go into another room when near sink

Pick battles:

- If it is too high of an exposure to try to prevent compulsions you experience (e.g., three examples above), pick one to challenge. For example, if washing hands is the strongest urge, let's use hand sanitizer instead

Postponing:

- Sit with urge for 5 minutes without engagement, see how you feel at the end of 5 minutes; sit with urge by using mindfulness/present moment focus/ride the wave

Opposite Action

- If your urge tells you not to touch things, touch them on purpose!
- If your urge tells you to wash your hands, get your hands more contaminated

Label mental ritual and abandon

- If your mental ritual is to engage in thought neutralization, label this and engage in a task that is in line with your values (i.e. if your urge is to neutralize the thought "someone will get sick from this" accept that someone MAY get sick, and let yourself engage with others you are with)

Undo it

- Once you wash your hands due to the compulsion, touch another contaminated door handle
- If you avoid touching things with a barrier, go back, and touch the item again without a barrier

Written plan example:

- After touching the door handle of the restaurant, enter the restaurant. Find a table, sit at the table and sit with distress for 5 minutes practicing present moment focus by noticing surroundings. When 5 minutes have passed, check-in with self. Where is distress? Has it fallen? If feeling able, try another 5 minutes, engage in conversation with friends. If not, get up and walk to the bathroom to wash hands.



Response Prevention Plan:

Core fear: _____

Goals of exposures: _____

Value(s) to connect with: _____

Your hierarchy:

Your written plan:

