

Response Prevention Planning: Moral Scrupulosity

Exposure area/core fear: Moral Scrupulosity/fear of doing something morally wrong and being a bad person

Goal of exposures: Participate in work meetings/provide feedback to colleagues without rumination

Value(s) to connect with: Self-development

Hierarchy:

Give constructive feedback after a work presentation in front of group	8
Respond to reassurance seeking with “maybe, maybe not”	7
Say something offensive to a friend who knows it is an exposure	7
Say no to something I do not want to do	6
Ask for help	4
Tell a lie to a friend who knows it is an exposure	3
Write a lie on paper and throw out	2
Respond to the trolley problem	2



Response Prevention Plan Examples:

Exposure example: Say something offensive to a friend who knows it is an exposure

Anticipated compulsive urges: Reassurance seeking that friend still likes me, excessive apologizing, punishing self and hypothesizing

Stimulus Control:

- If urge to send a message to friend, put phone in another room
- Remove self from situation if in person/take a self-directed break

Pick battles:

- If it is too high of an exposure to try to prevent all compulsive urges, pick one urge to engage in. Ask for assurance one time vs reassurance seeking multiple times with friend

Postponing:

- Sit with compulsive urge for 5 minutes without engagement, check-in with self and see if urge can be postponed for another 5 minutes

Opposite Action:

- If your urge tells you to apologize excessively, do not apologize at all
- If your urge tells you to punish yourself by feeling guilty, practice self-compassion or self-care and be intentionally kind towards yourself

Label mental ritual and abandon:

- Label compulsive urge to hypothesize, and abandon by practicing present moment focus

Undo it:

- If you apologize, undo this by telling friend something offensive again
- If you seek reassurance from friend, have friend respond with “maybe”

Written plan example:

- I will explain to my friend that I am completing an exposure of saying something offensive. I will ask them to respond to my apologizing with “not accepted” and reassurance seeking with “maybe.” When I notice I am engaging in self-punishment, I will label the mental compulsion and do something intentionally kind for myself, like listen to my favorite song or watch a funny video.

Response Prevention Plan:

Core fear: _____

Goals of exposures: _____

Value(s) to connect with: _____

Your hierarchy:

Your written plan:
