

Response prevention guidelines





Response prevention guidelines

- More than telling them to “just stop it”
- New rules for behavior
- 2 kinds of ritual behavior
 - Abnormal/unnecessary (e.g., tapping, counting)
 - Excess of normal behavior (e.g., washing)
- Need to specify what to do and when to do it, not just what not to do
 - Form: *[Response Prevention Plan](#)
 - May need to specify “normal” behavior (e.g., washing)

Response Prevention Plan:

Target Fear/Obsession: _____

1) During my planned exposure time

When my Fear/Obsession tells me to do this: _____,

I will instead do this:

Response Prevention Plan:

2) Outside of my planned exposure time

When my Fear/Obsession tells me to do this: _____

I will instead do this:

Response Prevention Plan:

3) Additional guidelines for behaving consistent with my goals*

* Additional guidelines are indicated for compulsions that involve excessive use of otherwise normal behavior (e.g., washing, checking, praying, etc.). These guidelines should define what is reasonable or normal use of the behavior. Such guidelines are not typically needed for compulsions that have no functional purpose or usefulness (e.g., tapping, superstitious behavior, repeating, etc.)



Response Prevention Plans



Distress Tolerance - Skills

CBT:

- Building awareness to cognitive distortions
- Mindfulness skills
- Grounding



Distress Tolerance - Skills

ACT:

- Acceptance of thoughts/feelings
- Cognitive defusion for thoughts
- Mindfulness
- Use of Values (can also be used to help find motivations for exposures)
- Committed action
- Self-as-context

Distress Tolerance - Skills



DBT:

- TIPP
- STOP
- Self-soothing through the senses
- Imagery