Delaying a compulsion

Practise putting a compulsion off, and record how the urge changes.

Name _____ Date _____

If leaving a compulsion out altogether feels too much, start by putting it off. Set a timer. Rate the urge at the start and at the end. When the time is up, decide whether to delay again.

Date	The urge	Delay (minutes)	Urge at start (0 to 10)	Urge at end (0 to 10)	Did I do it?

What happens to the urge when I wait?

My next target: how long will I delay this week?

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