

Preparing for Moment-by-Moment Practice

Where?

When?

How will you push outside your comfort zone?

Any rules?

Verbal cue for Moment 4:

Verbal cue for Moment 5:

Verbal cue for Moment 6:

Verbal cue for motivation/determination:

Do you want to talk to OCD? If so, say what?

Do you want to mess with the pattern? If so, how?

Do you want to try postponing? If so, what's your plan?

Do you need to add a consequence? What will you do?