

- ***Washing/wiping off hands frequently using paper towels, antibacterial wipes, tissues, etc.***

Worry thoughts: I might get other things sticky or dirty. It's uncomfortable. Even if my hands aren't noticeably sticky, there is a chance that there might be.

Challenge thoughts: If it's not noticeable, then I probably don't need to wipe them off.

Benefits of overcoming this worry/behavior: It would save time and money. It's not as much of an annoying thing that happens.

- ***Showering after each time I use the bathroom***

Worry thoughts: If I don't, I won't be clean (or clean enough). I might contaminate my clothes if I don't clean well. It just feels gross.

Challenge thoughts: Most people don't. It's not necessary. Wiping is good enough. The worst that could happen is that I would just feel kind of gross.

Benefits of overcoming this worry/behavior: Less water usage. Less soap usage. Less time taken up. I would be able to be more flexible with where I go to the bathroom. I would be less anxious about it. My stomach might feel better too.

- ***Using excessive amounts of toilet paper/wipes in order to feel clean***

Worry thoughts: If I don't, I won't be clean enough. Having more toilet paper in my hand feels more comfortable and clean. The wipes are more effective in cleaning. The more, the better; depends on the situation.

Challenge thoughts: Most people don't use excessive amounts and they don't smell bad. The worst that could happen is that I feel kind of gross.

Benefits of overcoming this worry/behavior: Less money on toilet paper and wipes. Less time. Less anxious about it.

- ***Washing clothes through multiple wash cycles***

Worry thoughts: One time isn't enough to fully clean them if they are dirty. If they aren't fully clean, they might smell bad or I might feel gross.

Challenge thoughts: Most people only wash their clothes once, and they don't smell bad.

Benefits of overcoming this worry/behavior: Less soap, less laundry detergent; less water; less time; less damage to the clothes; clothes would fade less

- ***Using gloves, paper towels, or other skin barriers to avoid touching objects directly with bare skin***

Worry thoughts: If I touch it, it would be gross, but I wouldn't have to wash my hands. Or if I do wash my hands, I wouldn't have to wash them as long.

Challenge thoughts: Most people don't do that; worst thing that could happen is that my hands might feel dirty

Benefits of overcoming this worry/behavior: spending less on plastic bags; easier