

Goal: Touching the bottom of my backpack

Thoughts:

- this has been all over the floor everywhere I go (and set it down)
- you're touching this, now there are germs on your hands
- you need to wash your hands now
- you shouldn't have done that in the first place
- if I don't wash my hands, then I will have to sit with that uncomfortable feeling until it goes away or I wash my hands

Challenging thoughts:

- If you really think that you don't already have germs on your hands and then you do when you touch your backpack, then that is ridiculous
- If you wash your hands, then you're just going to get germs on them again anyway
- The uncomfortable feeling will go away eventually
- The more you do it, the less intense it will be

Benefits: eventually the anxiety will go away, wouldn't have to avoid accidentally touching my backpack, wouldn't have to worry about washing my hands right away

Worst that could happen: that I feel uncomfortable

Best that could happen: that I overcome the anxiety of touching

Most realistic thing that could happen: that I feel uncomfortable for a little while, but then I'll forget about it