

## Resists/Submits to Compulsions

Use this chart to track the number of submits and resists to your compulsions over the next week. Put tally marks in the appropriate columns. You may also make note of what type of compulsion you engaged in, in order to troubleshoot in your next therapy session.

**Resists:** Were you able to resist your compulsion or endure the anxiety from your exposure and intrusive thought?

**Submits:** Did you submit or give into the compulsion from your exposure and intrusive thought?

Resists	Submits

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