

CURBING YOUR COMPULSIONS

This exercise has been designed to help you become more aware of your compulsions that take you away from the mental, emotional and physical discomfort you are experiencing in the present moment. By allowing the discomfort to be here, rather than numbing it with compulsive behaviors, you become more present and aware of the intelligence the discomfort may be offering you.

- Step 1** Use the list below to help you define the top 3 compulsive behaviors you do in a typical day.
- Step 2** For the next 30 days choose to make an agreement with yourself to either eliminate the behavior or change how often you will allow yourself to act out the behavior. *For example, choose to check your email only 3 times a day.*
- Step 3** Find a learning partner who you can report your daily results to for the next 30 days. We suggest you text this person at the end of each day and simply report your results by writing “yes” or a “no” for each behavior.
- Step 4** If you choose not to keep your agreement with yourself on a particular day, offer yourself plenty of loving acceptance for being just as you are.
- Step 5.** Notice what comes up for you when you choose not to act on the compulsion.
Are there feelings arising in the body as sensations?
Can you allow them to fully express through the body by breathing, moving and sounding?
What are these feelings offering you as wisdom?

Compulsions:

- Checking the Phone
- Compulsive Working
- Drinking
- Drugging
- Eating
- Emailing
- Exercising
- Facebooking
- Gaming
- Internet Surfing
- Judging
- Organizing
- Sexual Activity/Porn
- Shopping
- Sleeping
- Texting
- Watching TV
- Withdrawing
- Chewing gum
- Talking on the phone
- Biting your nails
- Itching/Scratching
- Planning
- Reading
- Taking care of others
- Shaking
- Making checklists
- Cleaning