
Safety Strategies Checklist

IOU = Intolerance of Uncertainty

P = Perfectionism

OR = Over-responsibility

Behavior Strategies

- Checking (if appliances are turned off, if people are alive, that you did not make a mistake, your body to make sure it is okay, your heart rate and shakiness) **IOU/P/OR**
- Repeating things over and over because they are not perfect or rereading or rewriting things to make sure you have it right **P**
- Spending too much time on things to get them right **P**
- Ordering things around the house, or getting dressed until it feels just right **P**
- Superstitious rituals like not stepping on a crack, avoiding ladders and black cats, or saying certain while passing a graveyard, in an attempt to keep you and/or others safe **IOU/OR**
- Saying certain phrases like, "Drive safe" **IOU/OR**
- Seeking information (on the internet, from doctors) **IOU**
- Repeating questions or statements (to make sure the other person understands or that you understand what to do) **IOU/P/OR**
- Washing/cleaning so that you or someone else does not get sick **IOU /OR**
- Excessive list making and/or planning **IOU/P**
- Making excuses for yourself when saying no to something **OR**
- Defending and/or justifying yourself and your actions **P/OR**
- Over-explaining things **P/OR**
- Prioritizing others' needs over your own **OR**
- Procrastinating **P**
- Hiding signs of anxiety like blushing (with strategies like wearing turtlenecks or makeup) **P**
- Avoiding initiating conversations **IOU/P/OR**
- Thinking carefully about what you are going to say **P**
- Avoiding asking questions **P**

- Avoiding speaking up in meetings **P**
- Avoiding being the center of attention **P**
- Avoiding traveling, airplanes, trains **IOU**
- Avoiding situations where you feel trapped, like being a passenger in car or sitting in a movie theater, or looking for escape routes **IOU**
- Not going far from bathrooms in case you have a symptom attack **IOU**
- Never leaving home without your cell phone **IOU**
- Avoiding saying “no” **OR**
- Pointing things out to people (kids, spouse) **OR**
- Trying to solve other people’s problems for them **OR**
- Not setting limits with others (kids, spouse, coworkers) **OR**
- Avoiding taking time for yourself (exercise, yoga, doctor’s appointments) **OR**
- Avoiding making decisions on your own **IOU/P**
- Asking for reassurance for decisions you have made. **IOU/P**
- Avoiding giving opinions that others may not agree with **P/OR**

Others:

- _____
- _____
- _____
- _____

Mental Safety Strategies

- Reviewing events, what you might have said or done **IOU/P**
- Making mental lists **IOU/P**
- Monitoring physical sensations, analyzing what might be wrong or what is causing you to feel a certain way **IOU**
- Worrying, and attempting to figure out, fix, and problem solve situations **IOU/P/OR**
- Trying to remember things that might be important **IOU/OR**
- Mentally checking that you remembered to do something like turning off stove **IOU/P**

Distraction

- Media like TV, computer games, online searches, e-mail
- Staying busy with tasks at home or at work
- Engaging with others in person, texting, or using social media
- Staying busy with hobbies

Relaxation

- Using distractions as an attempt to relax (see examples above)
- Using substances like alcohol, prescription drugs, non-prescription drugs
- Being with someone you consider safe
- Relaxation techniques
- Meditation
- Exercise