**Practice Changing Your Preference**

Based on the CBT concept of Exposure and Response Prevention (ERP) and the ACT concept of psychological flexibility. In simple terms ERP involves exposing yourself to a trigger for your obsessions and refraining from performing your usual rescue/relief behavior. The A in ACT is for Acceptance, and this is your task—to accept your feelings as they are, not push them away, numb them, avoid them or rescue yourself. The combination of reducing your reaction and accepting that reaction has proven to be an effective treatment for those with anxious thoughts.

The objective is to find something in your daily life that you are attached to doing (or not doing) and purposely switch it up. By doing this, you allow yourself to grow in **tolerance** and **flexibility**.

Start with **low-risk** and **impermanent** tasks to build up your tolerance and flexibility. Think about switching up your regular routine or habits to create low-level discomfort in the beginning. As you gain experience and grow in tolerance and flexibility, you’ll be able to increase the intensity.

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| **Preference:** |  |
| **Change:** |  |

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|  | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| **Level of Discomfort:**  (1-10) |  |  |  |  |  |
| **Length of time Tolerated:**  (seconds or minutes) |  |  |  |  |  |
| **Observations:** (what did it feel like) |  |  |  |  |  |

*Your level of discomfort is subjective, meaning that it’s totally relevant to you. 1 is the lowest amount of discomfort and 10 is the very highest level of discomfort, in your perspective.*

**Tolerance helps you to withstand challenges as they come. Flexibility helps you to adapt to new situations.**