



IDENTIFYING FIX-ITS

Remember, fix-its are things you might do to feel more calm at first, but they don't help you face your fears. Work with your parent to come up with some fix-its you might do and how those behaviors keep you from challenging your fears. Some common examples are:

- Washing too much
- Checking too much (like locks or behind doors, or where exits are)
- Asking too many questions about fears
- Spending lots of time researching fears on the Internet
- Carrying a special object everywhere
- Distracting yourself so you do not think about your fears
- Always having a phone with you

Then, write about any fix-it behaviors you have in the boxes below.

1.

2.

3.

4.

