

# Common Quick Fixes

**Washing your hands too much  
or cleaning things too much**

**Carrying a special object  
everywhere**

**Checking your phone for  
notifications you are worried  
about over and over**

**Checking things over and over  
(like door locks, the oven/stove,  
or where exits are located)**

**Asking too many questions  
about your fears**

**Spending lots of time  
researching your fears online**