

Compulsive behaviors worksheet

Read the information provided in the worksheet carefully so that you can get an awareness about compulsive behaviors.

Types of compulsive behaviors

- **Checking, counting, washing repeatedly:** In this type of compulsive behavior, a person checks, counts or wash repeatedly. For example, washing hands or clothes again and again, checking the doors repeatedly if they are locked or not, counting money or some other thing again and again.
- **Gambling:** In this type of compulsive behavior, there is an irresistible urge to do gambling (participate in games for winning money, betting) even if one knows that it is causing social, occupational and psychological problems in one's life.
- **Shopping:** In this type of compulsive behavior, there is an irresistible urge to do excessively even if one knows that it causes financial issues or other problems in life.
- **Hoarding:** In this type of compulsive behavior, there is an irresistible urge to save belongings and having problems in throwing them away even if they are old or out of order. For example, books, newspapers, containers etc.
- **Eating:** In this type of compulsive behavior, there is an irresistible urge to eat in an excessive amount, resulting in weight gain and other health issues. A person eats uncontrollably to reduce stress or anxiety.
- **Trichotillomania:** In this type of compulsive behavior, there is an irresistible urge to pick one's hair from any part of the body. It results in bald spots.
- **Skin picking:** In this type of compulsive behavior, there is an irresistible urge to pick or scratch skin from any part of the body which can lead to infection of skin.