# Response Prevention Planning: Relationship OCD

**Exposure area/core fear:** Relationship OCD/fear of not being with “the one”/intolerance of uncertainty

**Goal of exposures:** Increased connection with partner

**Value(s) to connect with:** Relationships

## Hierarchy:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scripting exercise of not being with “the one” and relationship ending</td>
<td><strong>10</strong></td>
</tr>
<tr>
<td>Scripting exercise of not being with “the one” and being miserable</td>
<td><strong>9</strong></td>
</tr>
<tr>
<td>Talk to partner about marriage when unsure of what partner wants</td>
<td><strong>8</strong></td>
</tr>
<tr>
<td>Set boundary with partner</td>
<td><strong>6</strong></td>
</tr>
<tr>
<td>Practice worry time with rumination</td>
<td><strong>6</strong></td>
</tr>
<tr>
<td>Listen to break up songs</td>
<td><strong>4</strong></td>
</tr>
<tr>
<td>Watch TV show or movie with breakups</td>
<td><strong>3</strong></td>
</tr>
<tr>
<td>Watch TV show or movie involving relationships</td>
<td><strong>1</strong></td>
</tr>
</tbody>
</table>

*Lehto, 2022*
Response Prevention Plan Examples:

**Exposure example:** Talk to partner about marriage when unsure of what partner wants

**Anticipated compulsive urges:** Research prior to conversation and mental planning for how to talk about it and the right things to say, reassurance seeking with saying the right thing and not offending partner

**Stimulus Control:**
- Put phone and computer in another room when having urge to research
- Notice urge to reassurance seek with partner and leave room

**Pick battles:**
- Pick compulsive urge to challenge. For example, notice urge to research and plan, and pick battle by allowing self to plan what to say and practice non-engagement responses with future planning urges

**Postponing:**
- Sit with compulsive urge for 5 minutes without engagement, check-in with self and see if urge can be postponed for another 5 minutes

**Opposite Action:**
- If your urge tells you to plan, intentionally do not plan
- If your urge tells you to reassurance seek, complete a heavy lean in and tell yourself “I offended my partner”

**Label mental ritual and abandon:**
- Label compulsive urge to reassurance seek and lean into uncertainty by not asking partner

**Undo it:**
- If you plan by writing out what to say rip it up
- If you reassurance seek, undo it by asking your partner to say “maybe you did offend me”

**Written plan example:**
- I will start conversation with my partner. I will let my partner know I may reassurance seek during conversation, and my partner is aware of assurance and reassurance questions and may or may not respond with reassurance. I will complete this after session, so I will not have time to compulsively plan. I will ask my partner for their thoughts on marriage and practice present moment focus with my breath.
Response Prevention Plan:

Core fear: ________________________________________________
Goals of exposures: ______________________________________
Value(s) to connect with: ________________________________

Your hierarchy:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Your written plan:

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________