**Reassurance Seeking Contract**

With my OCD treatment, I am committing to do what it takes to get better. I am going to put maximum effort into resisting the urge to seek reassurance for my obsession with \_\_\_\_\_. I accept that it is my responsibility to accept uncertainty and use my coping skills while I sit with the discomfort of resisting reassurance seeking.

I hereby give permission to \_\_\_\_\_ to deny me reassurance when I cannot find the strength to resist asking for it. \_\_\_\_\_ may say the following:

* I know you’re struggling. Remember that we agreed that I wouldn’t answer these types of questions.
* I love you and can’t answer that.
* Remember your goals, take it on.
* There’s strength on the other side.
* Go to your tools.
* Remember the contract.
* (Code word)
* Ignore

I give \_\_\_\_\_ permission to decide independently what constitutes reassurance

seeking, and in order to get better, I am willing to accept their assessment of each

situation as the right one, even when I disagree.

Signatures: