

Body-focused repetitive behaviour diary

Date/time	What was I doing before I got the urge e.g. fiddling?	What sensations did I notice?	What was I doing with my hands?	Where did it occur?	How was I feeling?	How long did I do it for?	What made me stop?

Practising using my competing response

Date/time	What did I notice that warned me I might act?	What did I tell myself – how helpful was it?	What competing response (CR) did I choose?	How long did I do the CR for?	What happened to the urge?