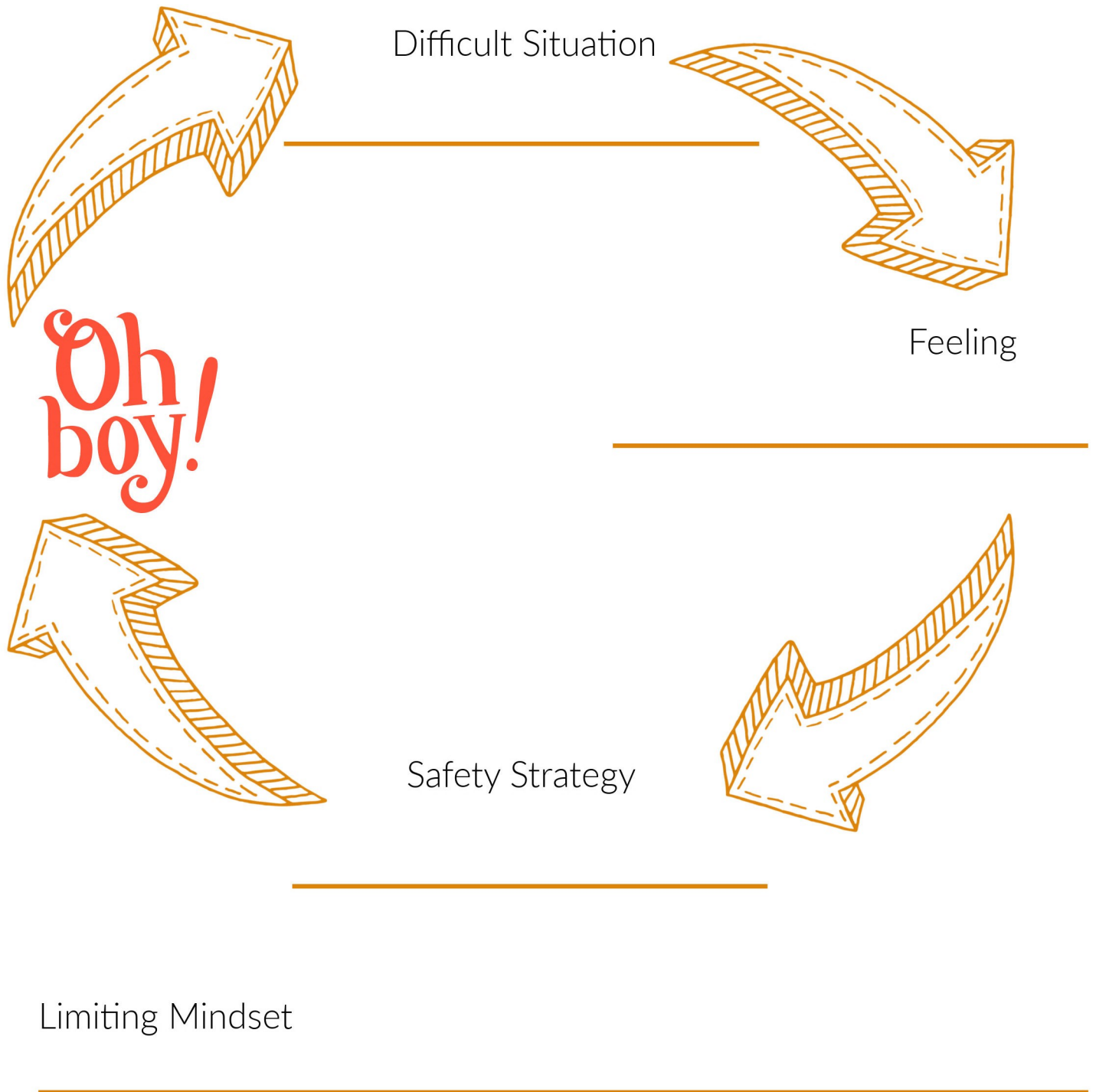


# Identify the Cycle



Original Source: Jennifer Shannon. LMFT

## Safety Strategies for Over-responsibility

### Behavioral Safety Strategies

Say yes to things you feel obligated to do	Prioritize others' needs over your own
Ask what others want to do/eat/talk about	Listen patiently when others bore you
Remind others what they forgot	Give high-pressure salesperson attention
Fill in for others' lapses	Show others how they can do things better
Poll others' opinions before expressing yours	Provide solutions to others' problems
Remind loved ones to "drive safely"	Step up to compensate for others' failings
Make excuses when you disappoint others	Work overtime whenever you're asked
Defend position when saying what you want	Make yourself available in case you're needed

### Mental Safety Strategies

Think about others' problems when alone	Compulsively say prayers in an attempt to keep others safe
Worry about other people's problems in an attempt to fix them	Review in your mind what you could or should have done differently to help someone

## Safety Strategies for the Perfectionist

### Behavioral Safety Strategies

Finish up task so you can relax.	Put off doing taxes, or anything you hate
Repeatedly check e-mail for errors	Do things perfectly
Clean house to prepare for guests	Hide signs of anxiety, like sweating and blushing
Do hair and makeup perfectly	Fill conversation gaps with jokes and comments
Organize workspace so it is neat	Sit in the back at classes and meetings
Be careful in conversation not to offend	Avoid embarrassment in meetings and/or classes
Don't waste time on things you're bad at	Delay deciding things until you're sure
Always be on time	Ask everyone for advice
Order carefully—don't look stupid to the waiter	Only do things you have an aptitude for
Take pride in remembering people	Attempt to cook the perfect meal
Express yourself correctly	Spend your free time doing practical pursuits
Plan everything well	Carefully plan days off, weekends, and vacations
Appear competent at the cash register	Choose outfits carefully, matching style and color
Appear competent at the coffee shop	Dress correctly for the situation

### Mental Safety Strategies

Review the past, looking for mistakes	Worry when reminded of a problem
Make a mental list so you won't forget anything	Worry over a problem or past mistake repeatedly

## Safety Strategies for Intolerance of Uncertainty

### Behavioral Safety Strategies

Check to see if loved ones arrive safely	Always use hand sanitizer
Recheck that you turned off the stove	Make list of things to do weekday evenings
Go back and make sure you locked the door	Make list of things to do on the weekends
Monitor sports team scores	Vacation where you did last year
Research uncomfortable sensations online	Always take the fastest mode of transport
Make sure you packed everything for a trip	Postpone decisions until you are sure
Never leave home without your cell phone	Always rely on expert advice
Order dishes you've ordered before and like	Check for escape routes in public places
Wash hands after touching public surfaces	Make extensive lists of pros and cons for a decision

### Mental Safety Strategies

Mentally review things to make sure you did not forget to do something important	Worry when reminded of a problem
Mentally scan your body for signs of illness or anxiety	Worry over the same problem repeatedly
Weigh pros and cons over and over in your mind to make sure you are making the best decision	

# Expansion Chart

Opportunity

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Values

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Limiting Mindset	Expansive Mindset
Safety Strategies	Expansive Strategies

Original Source: Jennifer Shannon. LMFT