

JobTIPS



KEY POINTS - Repetitive Behavior

You might need to engage in a repetitive behavior in order to feel more calm and regulated. It is okay if you need to do a repetitive behavior, just be aware that there are certain social “norms” (rules) to follow:

1. When you are at work, you should avoid engaging in these repetitive behaviors. Other people might think these behaviors are strange, rude, or frightening.
2. Schedule a specific time and a specific private place to engage in a repetitive behavior. You should schedule this to happen at home only.
3. Make a plan / contract and stick to it. Ask for help from someone who knows you well.
4. Place a limit on the length of time you have to engage in the behavior. Use a watch or timer to monitor this.
5. Place a limit on the frequency (how often) of the repetitive behavior.