Identifying Treatment Interfering Behaviors (TIBs)¹

What are TIBs? A TIB is any behavior that is incompatible or directly interferes with a person’s ability to participate in treatment successfully. TIBs are important to address, because they can prevent people from overcoming problems. TIBs are primarily defined by a person’s behavior (or lack of), not their intentions. For example, a person not engaging in daily exposure exercises, because they are caring for a sick parent does not have the intention of disrupting treatment. However, the behavior is still a TIB and it is important to address. Some reasons may be useful to identify for the purposes of designing anti-TIB measures. TIBs are ongoing behaviors; a single instance of disrupted treatment is not a TIB. Finally, it’s okay if you don’t have a reason for your TIB. Identifying the behavior is the most important step.

Instructions: If you are having any difficulty with your recovery program, please check any of the items below that may apply.

Exposure Issues:
   ____ 1. Not engaging in daily exposure.
      ______ a. It makes me too anxious.
      ______ b. I don’t seem to have time.
      ______ c. I don’t want to take the risk.
      ______ d. other _________________________
   ____ 2. Lying to helpers about your doing exposures or any aspect of treatment.
   ____ 3. Other _________________________

Response Prevention Issues:
   ____ 1. Not using response prevention.
      ______ a. It makes me too anxious.
      ______ b. I don’t want to take the risk.
      ______ c. other _________________________
   ____ 2. Ritualizing following exposure.
      ______ a. It makes me too anxious.
      ______ b. I don’t want to take the risk.
      ______ c. My mind won’t let me rest until I ritualize.
      ______ d. other _________________________
   ____ 3. Other _________________________

Script Issues:
   ____ 1. Not listening to scripts as often as possible.
      ______ a. It’s too much work.
      ______ b. I don’t want to take the risk.
      ______ c. other _________________________
   ____ 2. Not writing or listening to scripts at all.
      ______ a. It’s too much work.
      ______ b. I don’t have an MP3/IPod player.
      ______ c. I can’t write or don’t know what to write.
      ______ d. I don’t like the sound of my voice.
      ______ e. other _________________________

Treatment Preparation Issues:
   ____ 1. Not filling out forms to assist in designing treatment:
      ______ a. I don’t think they are necessary.
      ______ b. It’s too much work.
      ______ c. other _________________________