**Question 1**

**We would like you to think about a time where you faced a difficult task and you felt anxious about it (e.g., a test, a sport competition, an interview). Did you engage in a ritual before performing the task?   
  
A ritual is a repetitive behavior or mental act performed in response to a negative thought, image or feeling.**

**Question 2**

**Please describe the ritual you performed in detail.  
  
If you answered NO, please describe any other ritualistic behavior you performed in the past and when you performed it.**