

## The importance of routines

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I drive myself and everyone around me crazy. I am so rigid and find any disruption to my routine very hard to deal with. Recently we had some visitors at our house and my regular dinner time was caused to go off schedule. I reacted and behaved poorly because my routine was disrupted. People look at you and talk about you like you are ridiculous, and of course you are. People no matter how close to you they are or how much they think they know you have no idea how this disruption affects you. Even when explained it is difficult for someone who is not obsessive compulsive or an addict to fully grasp the concept of our need to be rigid. I actually need to be this way, because left to just wing it, outside of my routine, history shows that I will take the path that more often than not leads me to places I would rather not go anywhere near.. I have a routine for everything. I have a morning routine. I have a routine at night to prepare for the morning. I have a sleep routine which is just the preparation of getting into bed relaxing and falling asleep, but if varied, I am not able to sleep as well as if I follow the routine. I have an eating routine and an exercise routine, which may vary from day to day but each variation is just a different routine within a routine. I even have a routine for how I wash my car. This strange behavior works for me and it may work for you if you need to replace the behavior which is not working for you now. Lets talk about it.

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