

Peanut Butter Sandwiches and Motivation  
(The OCD version)

Note: this paper will assume the person is familiar with sandwiches and has eaten a peanut butter sandwich before. If not, read paper #1 first.

1. Your hands... what have they been touching? Germs! Can you feel them crawling up your skin? Those germs are going to get you. They'll crawl in your eyes or mouth or nose and make you sick. You must not get sick; preserve your health as much as you can. Go wash your hands to get the germs off. Good people are clean. You want to be clean, right?



2. Now that you're up and your hands are clean, feel the hunger in your stomach. Don't you want to eat? Yes, you do. You want something that will keep you healthy. Perhaps some protein would be good. Peanut butter has protein. Get out the peanut butter. But you don't want to eat peanut butter straight out of the jar. That would cause germs to get into the peanut butter. You want to put the peanut butter on clean bread. Get out two slices of bread. Place the bread on a clean plate.

3. Make sure you re-close the bread right afterwards. You wouldn't want the germs to get the bread contaminated. Seal it back up to protect the bread.

4. The peanut butter inside the jar is clean and nutritious. You want to taste it. You must open the jar to taste it. Open the jar and place the lid on the clean plate, or flat-side down on the table (if the table is clean). Now, see the peanut butter. Note how creamy it looks and how good it smells. You want to put it in your mouth.

5. But you don't want to get your hands dirty, or to put your dirty mouth in contact with the clean peanut butter yet. You must use a tool to protect your hands and the peanut butter from germs. What's that on the table? It's shiny and silver. It's a knife! You like knives. Knives give you a feeling of joy. To complete your sandwich, you must have the knife. You will grab the knife by the handle to keep yourself free from cuts. This ensures the germs won't get under your skin. Grab the knife. Feel the power of wielding a knife. Doesn't it make you feel more powerful?

6. Put the knife blade into the peanut butter. You've done it! There is peanut butter on your knife. Well done. Spread the peanut butter on the large welcoming surface of one slice of bread. See how the bread accepts the peanut butter. It is cleaning off the knife. You like clean things. Clean your

knife on the bread. The clean peanut butter is touching the clean bread. Imagine how good this will taste when you're done.

7. When you've cleaned off the knife on the bread, wipe the knife on one of the napkins. If you leave peanut butter on the knife, it may grow germs. You can throw away the napkin. Clean the knife until no more germs live on the knife.

8. Did you forget to put the lid back on the peanut butter? For shame. Quickly twist the lid back on before the germs get in. From here on out, you will never, ever leave the lid off this long. The peanut butter should stay clean, and you almost ruined it. (You may want to wash your hands again, just in case germs are on the outside of the jar.)

9. With clean hands, place the pieces of bread together. The peanut-butter must be on the inside of the sandwich. You want to protect the peanut butter from germs, and this will do it. Now most of your peanut butter is protected from germs.

10. Carefully cut the crusts off of the bread. The crusts are the part of the bread which touched the bag. They are contaminated and will make you sick. Move them to the far side of the plate so they don't touch your clean sandwich. Then wash your hands.

11. Then take and eat your sandwich while it is still clean. You can feel the peanut butter in your mouth. Taste how good this is. You like peanut butter, don't you? See how clean it is while you eat it. Chew and swallow so you don't choke. You don't want to choke and die, do you?

12. Once the sandwich is finished, you look around and see how messy everything is. If your area is messy, people will think you're a bad person. People won't like you. The opposite sex will shun you. You must clean it up. If you don't, germs will grow. Can't you feel them on your hands already? Those germs move quickly!

13. Get another napkin, and use it to brush any crumbs onto the plate containing the crusts. That plate is contaminated. All dirty things must go onto the plate. The plate can go in the garbage. Put all the dirty things onto the plate and the plate into the garbage. Wash your hands.

14. Your peanut butter and bread are on the counter. They are safe inside their packages, but the counter looks cluttered. Clutter is dirty. You don't want dirt, do you? Dirt breeds germs. If you aren't clean, you'll get sick. Clean up! You can get this clean! Put the bread and peanut butter away. Then wash your hands. Maybe twice, just in case.