

MILTON: Logically, I know that counting to ten won't stop me from getting sick or getting into a car accident or suddenly losing my vision...but how do I know it won't help? The one time I don't do it could be the one time I needed to do it. And that could mean catastrophe. And washing my hands is just good hygiene and has nothing to do with the voice in my head. Germs are bad and dirty and can cause illness, disease and pink eye, which could possibly cause blindness. And even if I don't catch anything because I don't wash my hands I could pass on illness, disease, or pink eye and I don't think I could live with myself if I ever caused someone to go blind. So I have to my wash my hands – ten times...always ten times.