

OCD Exposure Hierarchy Worksheet

Exposure therapy is a type of cognitive-behavioral therapy (CBT) that helps individuals confront their fears and obsessions in a controlled and systematic way. The goal is to reduce anxiety and compulsive behaviors by gradually exposing oneself to feared situations or thoughts without engaging in compulsions.

1. List situations, objects, or thoughts that trigger your OCD symptoms. Be as specific as possible. Rate each trigger on a scale from 0 to 10, where 0 is no anxiety and 10 is the highest level of anxiety you can imagine.

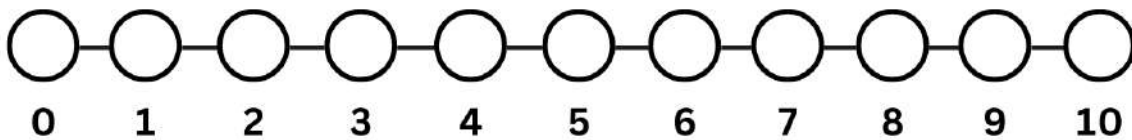
2. Arrange your triggers in order from least anxiety-provoking to most anxiety-provoking.

3. Choose one or two triggers from the bottom of your hierarchy to start with. Describe how you will expose yourself to these triggers.

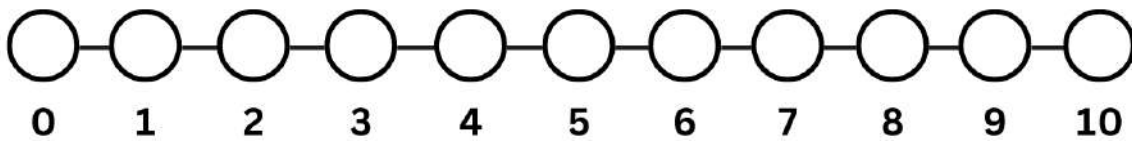
4. Track your anxiety levels before, during, and after each exposure. Use a scale from 0 to 10.

- Trigger:

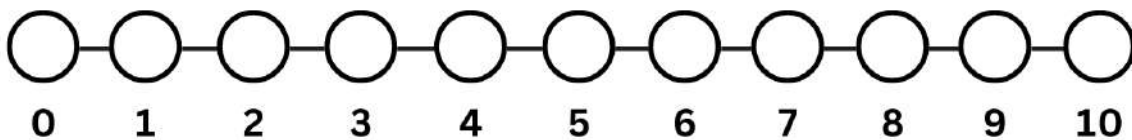
- Anxiety Level Before Exposure:



- Anxiety Level During Exposure:



- Anxiety Level After Exposure:



5. Reflect on your exposure sessions. What did you learn? How did your anxiety levels change over time?

Gradually move up your hierarchy as you become more comfortable with lower-level exposures. Update your plan regularly.