

EXPOSURE HIERARCHY

Think of situations or behaviors that would provoke your OCD, and hypothesize the level of distress that exposure would cause! For example, touching the ground for five seconds without washing your hands afterward- would this be a 1-2 level exposure, or a 7-8?

EXPOSURE

SUBJECTIVE UNITS OF DISTRESS

10

9

8

7

6

5

4

3

2

1