

OCD Exposure Hierarchy Packet Worksheet

Be mindful of the safety behaviors and be ready to face any emergencies while introducing the triggering factor.

Fear/Response: Constant washing hands

Response Prevention: Not washing hands after touching the MINOR (Not dirty) things

Step	Action	Rating (1-5)
1	Touching the dirty knob without washing and for 20 minutes	5
2	Touching an unknown sticking object without washing hands	5
3	Not washing hands after opening the door for 5 minutes	4
4	Touching anything unknown soft object without washing.	3
5	Touching dirty railing	2
6	Touching clothes	1
7	Not washing hand after opening the window	2

You have to do homework no matter what, now make a schedule of your OCD Exposure.

Any other notes:

Schedule of homework exposure hierarchy

	Rate how difficult it was for you to do homework at home (1-10)					
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						