

Assignment – Exposure Exercise



← (not happy you're planning to try this stuff...)

This week I'm going to Boss Back (don't let up until the fearmometer is down to a "1" or "2" or until some time has passed):

The Tools I plan to use are (try new ones you've learned!):

- It's OCD, not me (Cultivating Detachment)
- Think Positive (Constructive Self-Talk)
- Show me the proof OCD (Realistic Appraisals)

Here's my plan (Where? When?):

For the best results, attempt 'bossing' OCD at least once every day.... but do your assignment at least 3 or 4 times over the next week!

Day	Time	"Before" Fearmometer Reading	"After" Fearmometer Reading	What did we learn

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