



## Assignment – Exposure Exercise



***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!):***

- Breaking OCD's Rules*** (do it later, less, slower, different)
- It's OCD, not Me*** (Cultivating Detachment)
- Boss Back when You're Strong*** (Contrived Exposure)

***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	“During” Fearmometer Reading	“After” Fearmometer Reading	What did we learn

