



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!):

- 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)***
- Show me the proof OCD (Realistic Appraisals)***
- Think Positive (Constructive Self-Talk)***
- Repetition (what OCD is saying starts to sound silly)***
- Humour (laughing at OCD makes it weak)***

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

