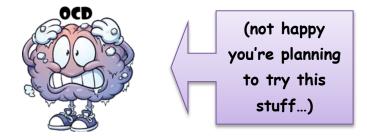


Assignment – Exposure Exercise



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 p	lan (Where? When?):

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

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

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