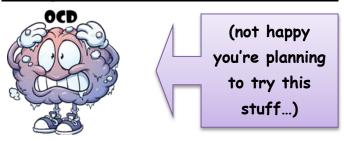


## Assignment – Exposure Exercise



**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):

	ols 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 <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