

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):

OCD saying I have to open and close my door 15 times before I can go to sleep.

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?):

Every night I will try closing my door 9 times while saying OCD is a big bully.

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				
Monday	8:30pm	7	3	That I was able to go to sleep even though I only closed the door 9 times. How many times I closed the door has nothing to do with falling to sleep.