Easiest to Hardest Exposure Goals OCD Worksheet

Name: **Date:**

Physician's Name:

Instructions: List down your fears from the easiest to the most difficult.

Hardest
Easiest

Reference: Lovell, K., & Gega, L. (n.d.). Your own individual programme. In *Obsessive Compulsive Disorder: A Self-Help Book* (pp. 24–25).