

Exposure Hierarchy OCD Worksheet

Patient Information:

Name:

Date:

Therapist:

Instructions:

1. Work collaboratively with the patient to create a list of feared situations or obsessions related to their OCD.
2. Rank these situations or obsessions from least anxiety-provoking (easiest) to most anxiety-provoking (hardest) on a scale of 0-10, with 0 being no anxiety and 10 being extreme anxiety.
3. Plan exposure exercises starting from the least anxiety-provoking situation and gradually progressing to the most anxiety-provoking.
4. Record the details of each exposure exercise in the table below.
5. Review and update the hierarchy regularly based on the patient's progress.

Exposure Hierarchy

Rank	Situation/Obsession	Description	SUDS Rating (0-10)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Exposure Exercises

Exposure 1

- **Situation/Obsession:**
- **Description:**

- **SUDS Rating (0-10):**
- **Exposure Duration:**
- **Response Prevention:**

Exposure 2

- **Situation/Obsession:**
- **Description:**

- **SUDS Rating (0-10):**
- **Exposure Duration:**
- **Response Prevention:**

Exposure 3

- **Situation/Obsession:**
- **Description:**

- **SUDS Rating (0-10):**
- **Exposure Duration:**
- **Response Prevention:**

Progress Notes:

Date:

Session Notes

Homework Assignments

Patient's Signature: _____

Therapist's Signature: _____