

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 hierarchy

Exposure 1	
Situation/obsession:	
Description:	
SUDS rating (0-10):	Exposure duration:
Response duration:	
Exposure 2	
Situation/obsession:	
Description:	
SUDS rating (0-10):	Exposure duration:
Response duration:	
Exposure 3	
Situation/obsession:	
Description:	
SUDS rating (0-10):	Exposure duration:
Response duration:	

Progress notes**Date:****Session notes:****Homework assignments:****Patient's signature:** _____ **Therapist's signature:** _____