

Exercise

Professional Version | US English

OCD Hierarchy



Description

Part of traditional CBT treatment for OCD is exposure to situations which trigger obsessions (classically accompanied by the prevention of the associated compulsion). The *OCD Hierarchy* worksheet helps you to plan a hierarchy of situations which trigger obsessions. These can then be tackled in order of increasing difficulty.

OCD Hierarchy

Make a list of situations that trigger your OCD obsessions and compulsions.
Put them in order of least anxiety-provoking at the bottom, to most anxiety-provoking at the top.
Give each one a rating (0–100%) for how distressing it would be.

Situation	Distress (0–100%)

OCD Hierarchy

Make a list of situations that trigger your OCD obsessions and compulsions.

Put them in order of least anxiety-provoking at the bottom, to most anxiety-provoking at the top.

Give each one a rating (0–100%) for how distressing it would be.

Situation	Distress (0–100%)
Eating food that has touched a toilet seat.	100
Touching a toilet seat.	80
Touching a bin.	75
using a public bathroom door handle with my hand.	60
using a cup that someone else has drunk from.	55
Handling raw chicken.	45
Emptying the cat litter tray.	30
Shaking hands with someone.	25
Sitting in a doctor's waiting room.	20
Touching old coins.	10

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