# Exercise

Professional Version | US English

# OCD
# Hierarchy



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# 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%) |
|---|---|
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| 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 |

# About us

Psychology Tools develops and publishes evidence-based psychotherapy resources. We support mental health professionals to deliver effective therapy, whatever their theoretical orientation or level of experience.

Our digital library encompasses information handouts, worksheets, workbooks, exercises, guides, and audio skills-development resources.

Our tools are flexible enough to be used both in-session and between-session, and during all stages of assessment, formulation, and intervention. Written by highly qualified clinicians and academics, materials are available in digital and printable formats across a wide range of languages.

**Resource details**

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