

Exposure task record sheet

<p>Exposure task carried out</p> <p>Please write out the date and describe what you actually did.</p>	<p>Level of discomfort</p> <p>What was your level of anxiety or disgust on a scale of 0–10 at the start and when it was at its maximum?</p>	<p>Duration of discomfort</p> <p>How long did the maximum level of discomfort last for?</p>	<p>How did you cope?</p> <p>What helpful things did you do to tolerate your anxiety?</p> <p>Did you use any unhelpful ways of coping (e.g., any compulsions, safety behaviours or mental activity)?</p>	<p>Testing your expectations</p> <p>What did you learn about how your OCD works?</p> <p>Did your experience strengthen Theory B?</p>	<p>Next steps</p> <p>How might you progress from here e.g., by repeating, extending or developing this exercise, or moving on to an alternative task?</p>	
<p>Start:</p> <p>Maximum:</p>						

APPENDIX

Start: Maximum:	Start: Maximum:	Start: Maximum: