

My values-oriented exposure plan


WHO is important to me	WHAT is important to me
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| <ul style="list-style-type: none"> Accepting Adventurous Assertive Authentic Caring/self-caring Compassionate Cooperative Courageous Creative Curious Encouraging Expressive Focused | <ul style="list-style-type: none"> Fair/Just Flexible Friendly Forgiving Grateful Helpful Honest Independent Industrious Kind Loving Mindful/present Open | <ul style="list-style-type: none"> Orderly Persistent/committed Playful Protective Respectful/self-respectful Responsible Skillful Supportive Trustworthy Trusting |
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Briefly write about a specific OCD memory here:



Now let's take a moment and think about how you could live your value in a new way, using it as an exposure too. Let's consider how others live that value to give you ideas.



1. How do others live this value?

2. What do they do?

3. Where do they go?

4. How do they act when they are there?

5. What do they focus on?

6. What is their motivation?

7. What do they spend money on?

8. My Take-Home Exposure is:

When:

How:

Why:

Willingness: "Even though I might feel _____,
it's worth it."