



# Licking Toilets? Maybe Not

Incorporating Values into Exposures

The background features a series of overlapping, wavy, organic shapes in various shades of green and teal, creating a layered, mountain-like effect. The colors transition from a dark forest green at the top to a bright, almost white-green at the bottom.

**Erik Wells, LCSW**  
**Annabella Hagen, LCSW**  
**Jon Case, LCSW**

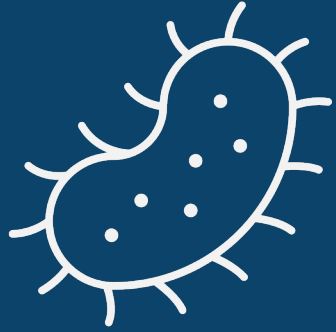








**More examples**



**Contamination**



**Scrupulosity**



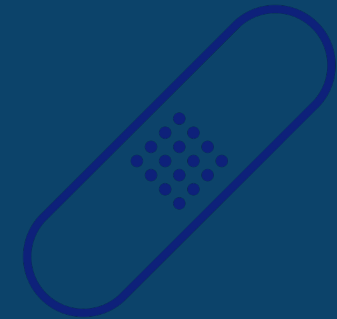
**R-OCD**



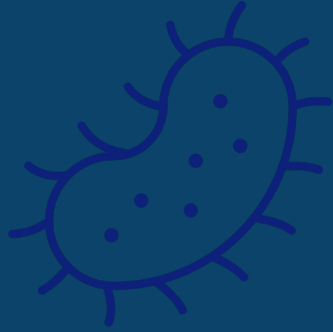
**P-OCD**



**SO-OCD**



**Self-harm**



**Contamination**



**Scrupulosity**



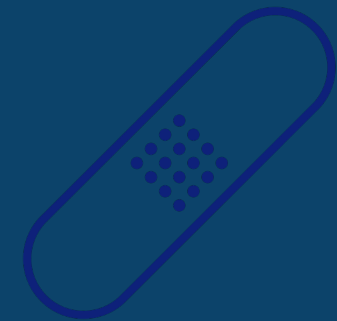
**R-OCD**



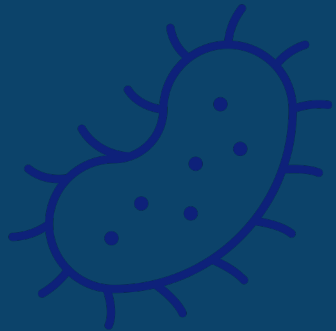
**P-OCD**



**SO-OCD**



**Self-harm**



Contamination



Scrupulosity



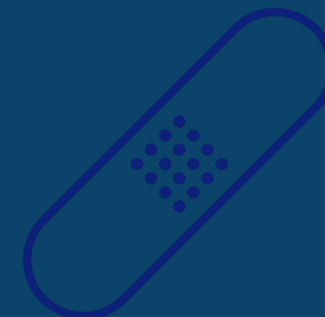
R-OCD



P-OCD

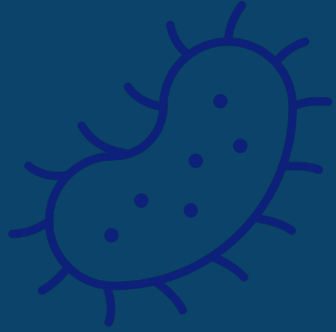


SO-OCD



Self-harm





Contamination



Scrupulosity



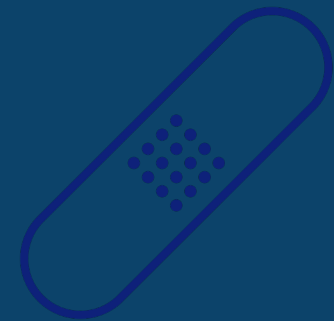
R-OCD



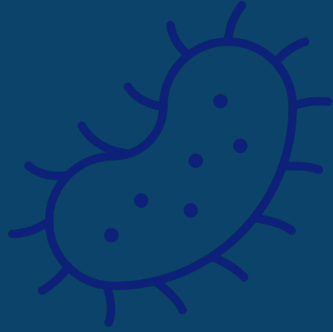
P-OCD



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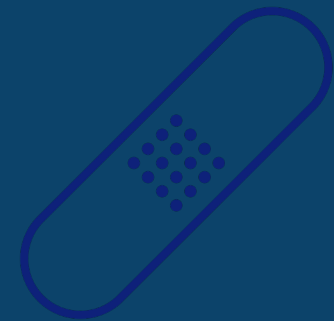
R-OCD



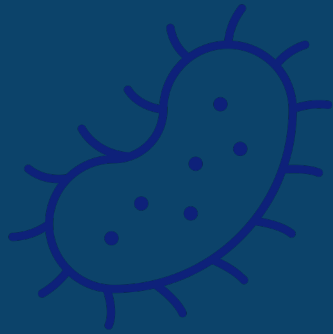
P-OCD



SO-OCD



Self-harm



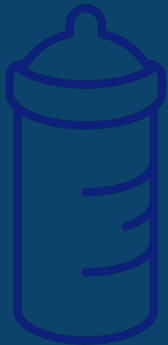
Contamination



Scrupulosity



R-OCD



P-OCD



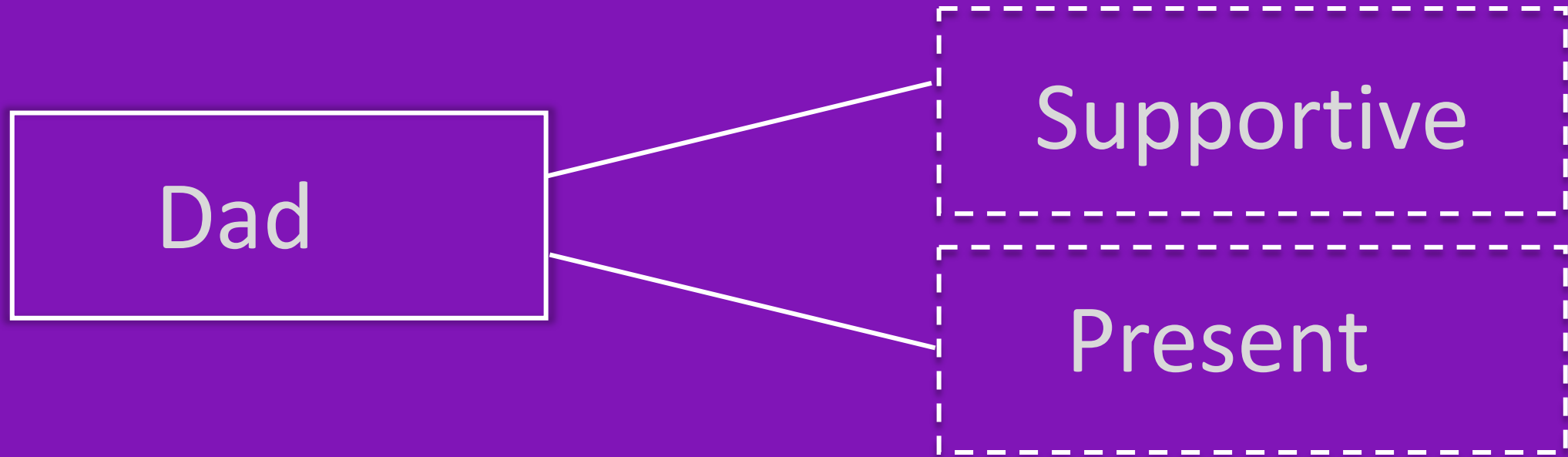
SO-OCD



Self-harm

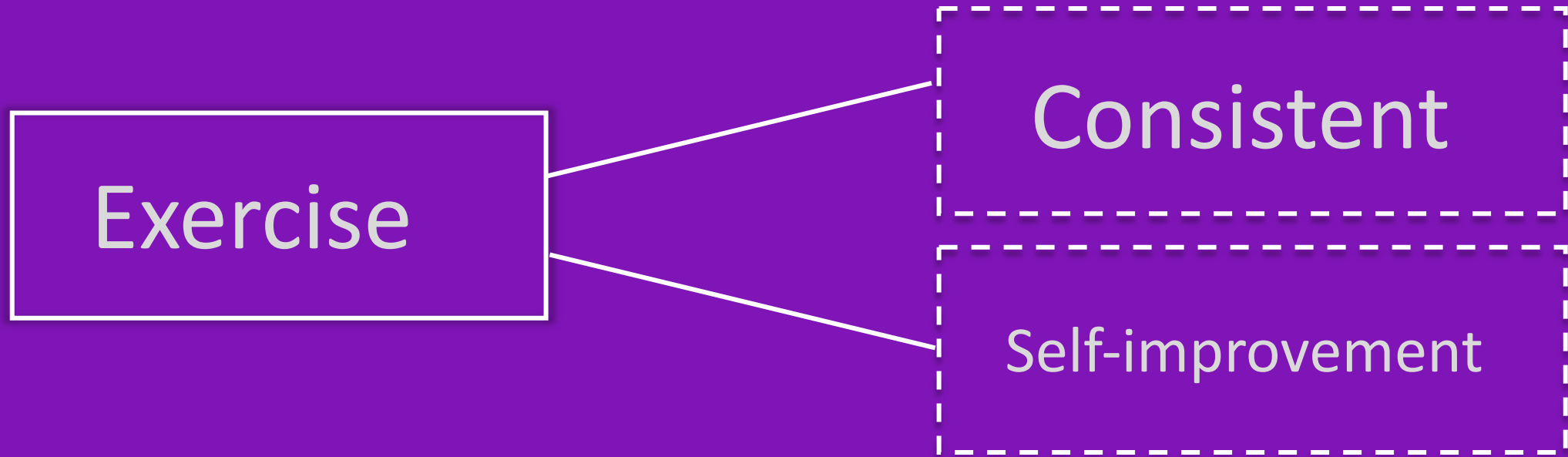
**What are my  
values?**

# WHO is important to me

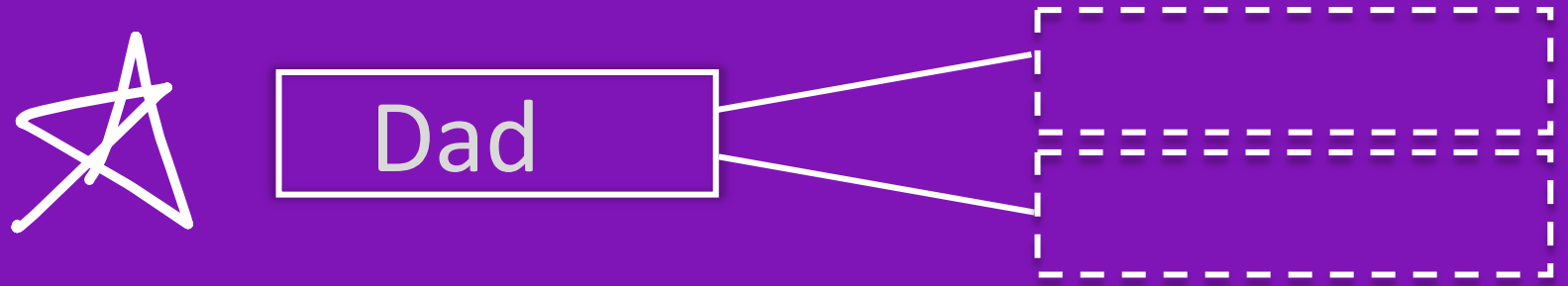


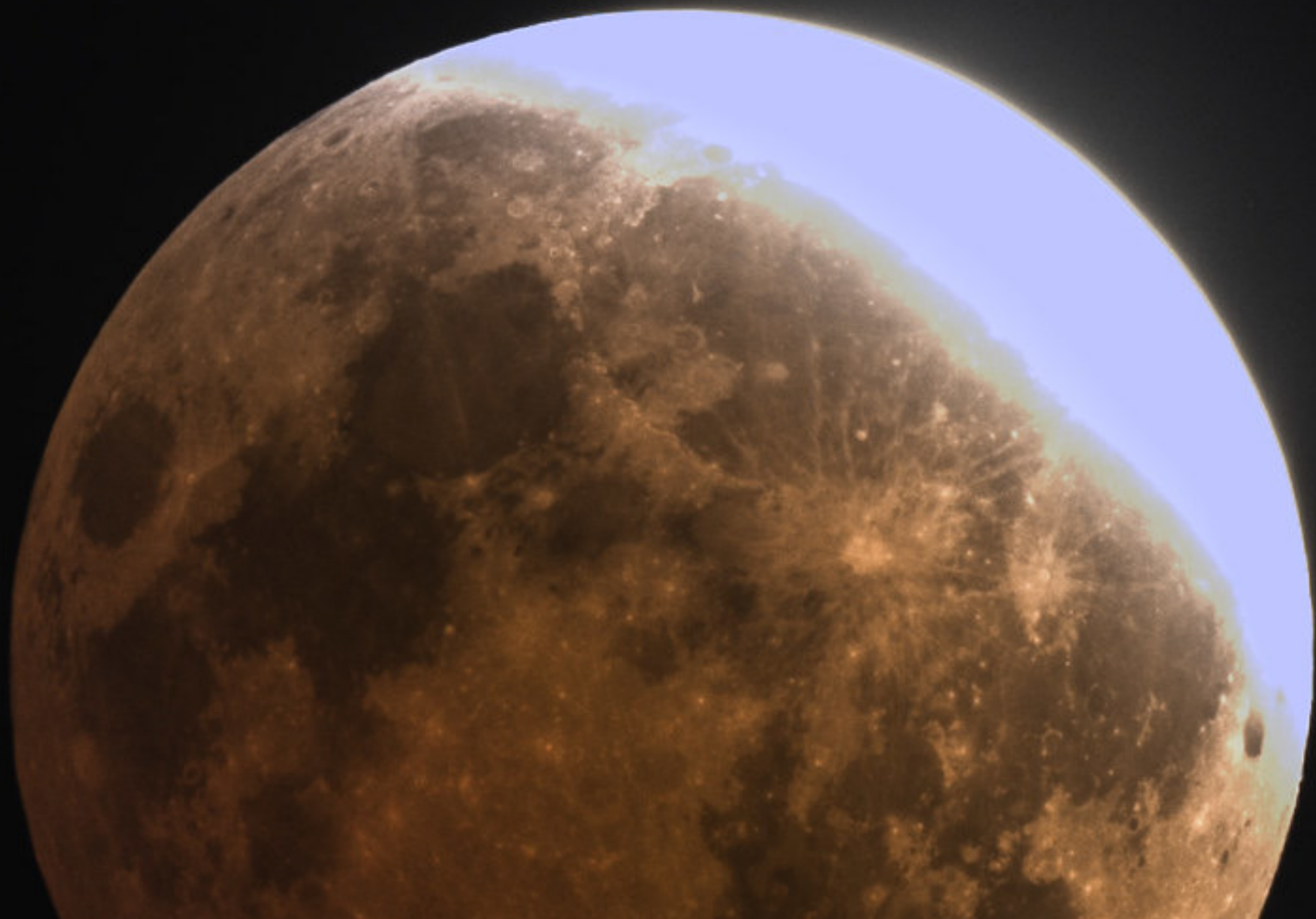


# WHAT is important to me



Consider a difficult moment when OCD interfered with what is important to you





**Turn worksheet over**

# How do others live this value?

1

2

3

4

5

6

7



# What do they do?

1

2

3

4

5

6

7

# Where do they go?

1

2

3

4

5

6

7

How do they act when they  
are there?

1

2

3

4

5

6

7

# What do they focus on?

1

2

3

4

5

6

7

# What is their motivation?

1

2

3

4

5

6

7



What do they spend  
money on?

1

2

3

4

5

6

7



# My take home exposure

Q/A

