

Exposure Hierarchy Builder

A STEP-BY-STEP PLAN FOR ERP PRACTICE

List situations, thoughts or objects that trigger obsessions and the urge to perform compulsions. Rate each on a 0–100 distress scale, then order them from least to most distressing — this becomes your roadmap for gradual exposure practice.

NAME

DATE STARTED

OCD THEME / TARGET

HOW TO BUILD YOUR HIERARCHY

- 1 Brainstorm.** List every situation, thought or object that triggers distress or urges to ritualise.
- 2 Rate.** Estimate the distress each would cause if faced without any compulsion, 0–100.
- 3 Order & practise.** Rank least to most distressing, and work through them gradually.

SUDS SCALE

0 — No distress 50 — Moderate 100 — Extreme

MY HIERARCHY

#	Situation / Trigger	Response prevented (what I won't do)	SUDS (0–100)	Completed
1			_____	☐
2			_____	☐
3			_____	☐
4			_____	☐
5			_____	☐
6			_____	☐
7			_____	☐
8			_____	☐

REFLECTION

Which step feels manageable to start with?

What support do I need to follow through?