

## Exposure table

This activity will help you expose yourself to situations and behaviours that you've been avoiding or using rituals to cope with. This helps reduce the belief that you need rituals, and will make it easier to live your life without performing them.

1. Make a list of situations or activities that cause you distress and make you want to perform a ritual.
2. Give each situation a 'difficulty score' out of 10. If a situation causes you no distress, rate it 0. If it causes extreme distress, rate it 10.
3. Try to put the situations in order, from least distress to most distress.

Situation	Difficulty score (0 = no distress, 10 = extreme distress)
Rinsing out a milk bottle to put in the recycling bin	4
Sorting out the household laundry (other people's clothes)	5
Changing the toilet paper roll	7
Taking out the bin	9

You will find a blank table below.

4. Start with the lowest-ranked item on your list, and try to do it without performing a ritual.
5. Keep repeating the lowest-ranked item on your list until you can do it without performing a ritual.
6. Move onto the next item.

<b>Situation</b>	<b>Difficulty score (0 = no distress, 10 = extreme distress)</b>