

B	I	N	G	O
Tolerate Anxiety	Reassurance Seeking	Compulsions	Sit With it	Imaginal Exposures
C.B.T.	Symmetry	O.C.D.	Anxiety	Ordering and Arranging
Submit Resist Undo	Washing	FREE	Avoidance	Exposures
Hierarchy	Situational Exposures	Hoarding	E.R.P.	In Vivo Exposures
Counting	BANS	Obsessions	Worry Script	Checking

B	I	N	G	O
Washing	Anxiety	Sit With it	C.B.T.	O.C.D.
Compulsions	Worry Script	Imaginal Exposures	BANS	Ordering and Arranging
Hierarchy	Avoidance	FREE	Exposures	Reassurance Seeking
E.R.P.	Obsessions	Tolerate Anxiety	Checking	Situational Exposures
Hoarding	In Vivo Exposures	Submit Resist Undo	Symmetry	Counting

B	I	N	G	O
BANS	Obsessions	Anxiety	In Vivo Exposures	Avoidance
Tolerate Anxiety	Hierarchy	Hoarding	Symmetry	Imaginal Exposures
Submit Resist Undo	Checking	FREE	Situational Exposures	E.R.P.
Washing	Ordering and Arranging	Sit With it	Worry Script	Compulsions
Exposures	Reassurance Seeking	O.C.D.	C.B.T.	Counting