

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

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

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