

## **OCD Hierarchy**

First write down all the habits, rituals or routines that maintain your OCD in rank order using the first two columns. In the third column, identify the situation or intrusion that triggers the neutralising habit or ritual. In the final column, rate how distracting, counter-productive or embarrassing each of the rituals or routines are from 0 (no problem) to 10 (maximum problem).

Rank Order	OCD Habit / Ritual / Routine	What Triggers the Habit / Ritual / Routine	How Problematic Is This? 0 – 10