

## Trigger Hierarchy

This exercise can be used to compile a list of situations that trigger anxiety, or an obsession or compulsion for a client with OCD.

First, ask the client to mention all the triggering situations, then grade the intensity experienced on a scale of 1 to 10, with 1 being the lowest and 10 being the highest.

Once done, reorder them into a hierarchy to design and plan the graded exposure practices during your systematic desensitization intervention.

Situations that trigger an anxiety, obsession, or compulsion	Intensity graded from 1 to 10

Next, arrange them in a hierarchy using this template for guidance.

Situations from least to worst triggers	Intensity

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