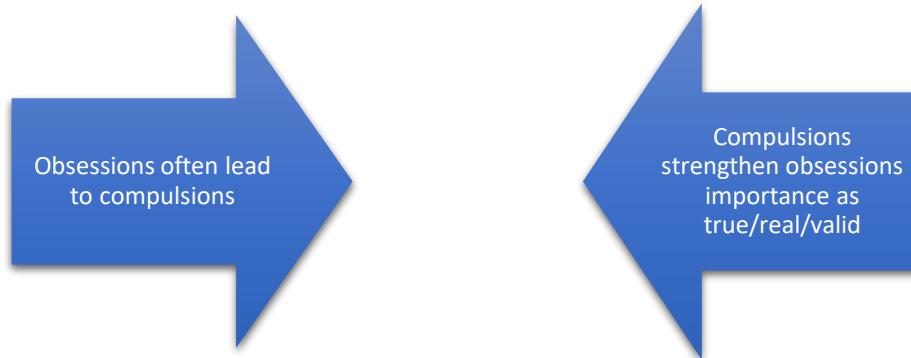


OCD Behavior Target



Obsessions (thoughts)

Compulsions
(behaviors/impulses)

Thought:	Behavior:
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	Exercise
Exposure Task <i>DO what OCD doesn't want you to do</i>	
R/P Task <i>Resist acting on the Compulsion</i>	