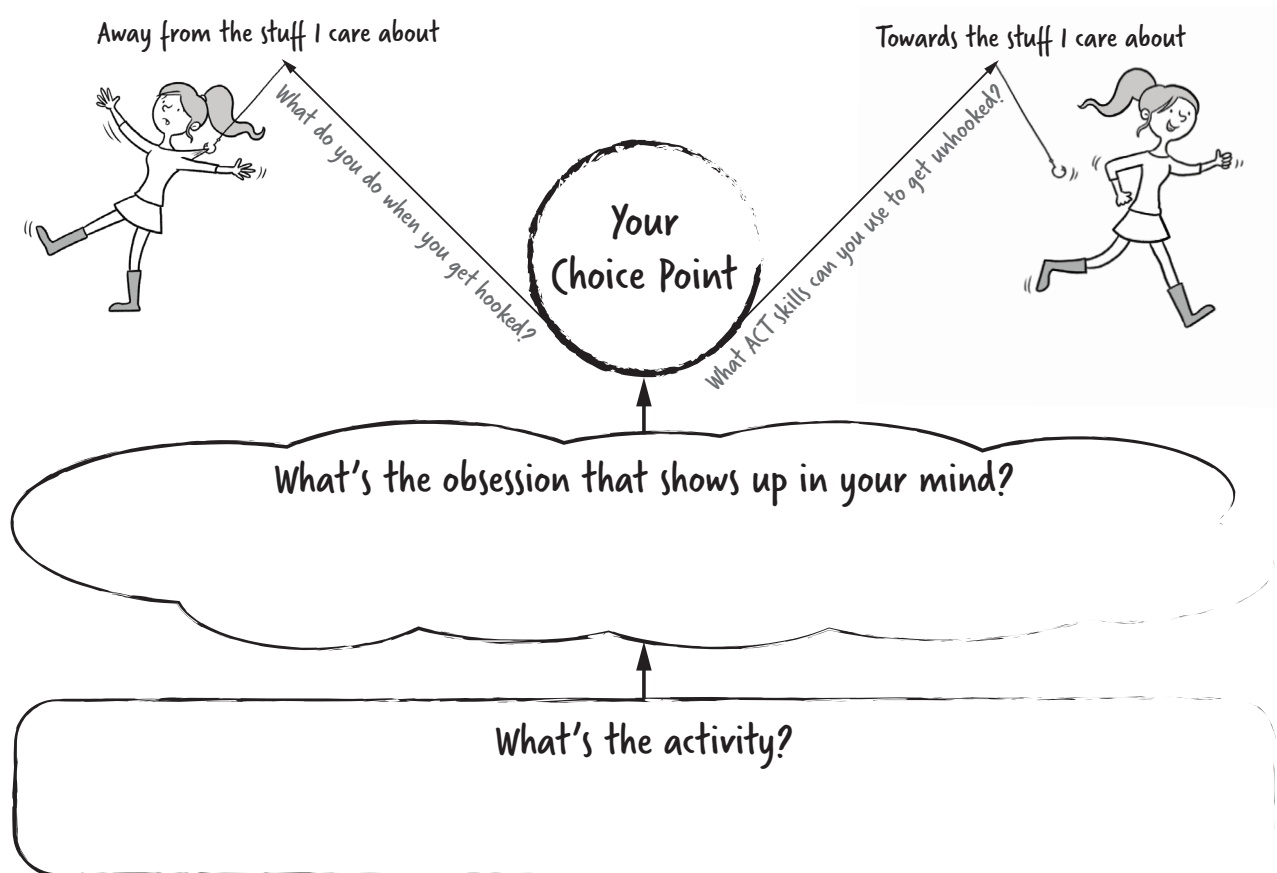


Appendix 1: Choice Point Graphic



Appendix 2: Values-Guided Exposure Step-by-Step Form

<p>What's the situation I choose to approach for my values-guided exposure?</p>	<p>Why does it matter to me?</p>
<p>What are the mini steps I'm willing to take for this values-guided exposure?</p>	

Appendix 3: Unhooking Log

Here is a list of all the unhooking skills that you learned, and I hope you continue to move forward in your life doing the stuff you care about while applying these skills to your day-to-day life. Do your best to fill it over a week and review it too. You got this!

Unhooking skill	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Picturing and giving it a name							
Watching your obsessions in front of you							
Putting your obsessions into action							
Saying your obsessions							
Singing your obsessions							
Teasing your obsessions							
Writing down your obsessions							

Scrambling up your obsessions							
Refocusing your attention							
Hanging in there with those awful feelings							
Agreeing to get out of safety country							
Messing around with compulsions							
Delaying compulsions							
Checking your fightonometer							
Using a situation for values-guided exposure							
Using your imagination for values- guided exposure							
Using your body for values-guided exposure							
Finding an ally							
Finding your Choice Point							

Appendix 4: Values-Guided Exposure Reflection Form

What was the value that drove your exposure exercise?	
What exposure exercise did you do?	
Check your fightonometer! How much did you fight the obsession and the annoying feelings that came along?	<div style="text-align: center;"> <hr/> 0 1 2 3 4 5 6 7 8 9 10 didn't fight fought a lot </div>
Did you get closer or further away from the stuff you care about?	<div style="text-align: center;"> <hr/> Away Towards </div>
Did you do any public or private compulsive behavior or did you ask for reassurance? If your answer is yes, describe the behavior, and think about what unhooking skills you could have used in those moments.	

Appendix 5: Values-Guided Exposure Form: Using Your Imagination

<p>What's the image I choose to approach for this values-guided exposure?</p>	<p>Why is it important to me to practice having this image for this values-guided exposure?</p>
<p>Write down a narrative that describes your worst fear, describing things you will see, hear, touch, smell, and even taste. Make sure to write this narrative down in the first person, using the present tense, and don't include any compulsions or avoidant behaviors as part of it.</p>	

Appendix 6: Values-Guided Exposure On-the-Go Tracker!

Write down the different situations you unexpectedly encounter in a given week and check how you did with your fightonometer!

Day 1: Values-guided exposure on-the-go

0	1	2	3	4	5	6	7	8	9	10
didn't fight									fought a lot	

Day 2: Values-guided exposure on-the-go

0	1	2	3	4	5	6	7	8	9	10
didn't fight									fought a lot	

Day 3: Values-guided exposure on-the-go

0	1	2	3	4	5	6	7	8	9	10
didn't fight									fought a lot	

Day 4: Values-guided exposure on-the-go

0	1	2	3	4	5	6	7	8	9	10
didn't fight									fought a lot	

Day 5: Values-guided exposure on-the-go

0	1	2	3	4	5	6	7	8	9	10
didn't fight									fought a lot	

Day 6: Values-guided exposure on-the-go

0	1	2	3	4	5	6	7	8	9	10
didn't fight									fought a lot	

Day 7: Values-guided exposure on-the-go

0	1	2	3	4	5	6	7	8	9	10
didn't fight									fought a lot	