

## OCD Hierarchy of Contamination Fears

Identify the situations that trigger a fear of contamination. Choose the eight least anxiety provoking situations and place them into rank order on this form. In the third column, identify the safety or avoidance behaviours normally used to reduce the contamination anxiety. In the final column, rate how restrictive, problematic or embarrassing the safety / avoidance behaviours are from 0 (no problem) to 10 (maximum problem).

Rank Order	Anxiety Provoking Situation	Contamination Fear	Safety / Avoidance Behaviour	Problem Rating 0 – 10