

Permanent Ground Rules

The purpose of these rules is to ensure YOU gain maximum benefit.

There need to be some limits (for example how long you wash your hands). These reasons are quite obvious, there will be limits on time or frequency, which are in force 24 hours per day.
Family members should not be asked to do a task on your behalf, which is using avoidance tactics.

It is important to start on the least anxiety provoking situation, so that this goal is realistic and can be established.

Permanent Ground Rules
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Exposure Task 1	Date
Time spend on task	
Difficulties, if any.	

Exposure Task 2	Date

Time spent on task
Difficulties, if any.