
Exposure and Response Prevention (ERP) Worksheet

This activity will have you mapping out from start to finish an ERP exercise

For more information check the other resource regarding ERP and it may also be beneficial to do this in collaboration with a therapist.

Establishing the Obsession

What is bothering you?

What is the obsession?

- Is there a thought, feeling, image, or urge that keeps coming back and is bothering you?

How do you usually try to reduce the distress from the obsession?

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Identifying Triggers

Identify What triggers your obsession? And rate each 1-10

- 1.
- 2.
- 3.
- 4.

Reorder your list based on how distressing the trigger is

- 1.
- 2.
- 3.
- 4.

This is your trigger hierarchy

Developing Exposures

Pick the lowest distress item to begin with.

Write down a list of potential situations involving the trigger that really bother you?

- 1.
- 2.
- 3.
- 4.

Pick a time to try this out on a consistent basis! It should be challenging, but manageable.

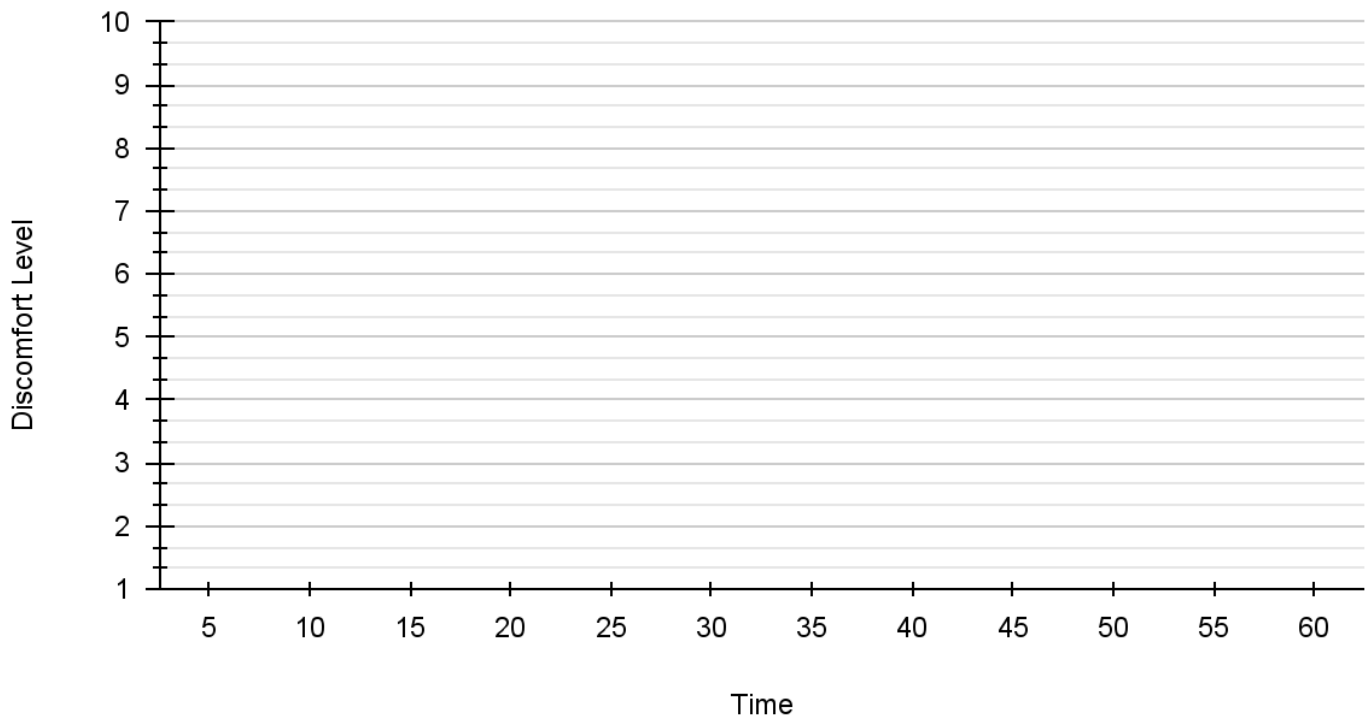
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Teaching your brain not to respond

The goal is to not respond to the situation and accept the uncertainty and discomfort as something you have the capacity to handle.

1. Get ready to resist your compulsion
2. Start by rating your discomfort with the situation 1-10
3. Engage with the exposure
4. As you move through this exercise track your discomfort every 5 mins 1-10
5. Try to stick with the exercise without using compulsions. **Until your level of discomfort is half of what your initial rating was** or if you get bored and don't feel as uncomfortable. (e.g. If your initial rating is a 6 sticking with it until its a 3)
6. Use the chart below to track your discomfort level over time or create your own tracking.

ERP Exercise



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Debrief After:

- Was I too distressed to continue
- Gave in to my compulsion
- I felt better, achieved my goal
- I didn't feel triggered

You will have to practice the exercise **repetitively** until your OCD begins to become easier then start to move up your trigger hierarchy.

Eventually you will move through the entire hierarchy and those intrusive thoughts will still exist, but they will no longer dictate your life.

Every now and then it may be positive to engage in an ERP for a previous compulsion to reinforce the extinction.