

Exposure Response Prevention Worksheet

Name: _____

Date: _____ Age: _____ Gender: _____

Section 1: Identifying Triggers, Thoughts, Beliefs, and Feared Outcomes

Trigger	Obsessive Thought	Belief	Compulsive Activity	Feared Outcome

Section 2: Exposure Log

Date	Exposure Exercise	Time Spent	Anxiety Level (1-10)	Notes/Comments

Instructions:

1. Fill in Table 1 with the specific triggers, obsessive thoughts, beliefs, compulsive activity, and feared outcomes related to your OCD or anxiety. This will help you identify the patterns and connections between these elements.
2. Work with your therapist to develop an exposure hierarchy, a list of exposure exercises ranked from least to most anxiety-provoking. Start with the least anxiety-provoking exercise.
3. When performing an exposure exercise, use Table 2 to log the date, exposure exercise, time spent, anxiety level (rated from 1 to 10, with one being the lowest and 10 being the highest), and any relevant notes (e.g., how long you resisted engaging in compulsive behaviors).