**ERP (Exposure and Response Prevention) Worksheet**

**Client Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Date/Time of Exposure:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1. Identify Target Obsession/Compulsion**

1. **Obsessive Fear or Thought:**
	* (Example: “I’m going to get sick from touching doorknobs.”)
2. **Related Compulsion (Behavior) to Avoid:**
	* (Example: Excessive handwashing, repeated checking, seeking reassurance, etc.)

**2. Planned Exposure**

1. **Brief Description of the Exposure Task:**
	* (Example: “Touch the doorknob and delay washing hands for 10 minutes.”)
2. **Predicted Difficulty Level (SUDS Pre-Exposure):**
On a 0–100 scale, how distressed or anxious do you predict you will feel?
	* **Predicted SUDS:** \_\_\_\_\_\_\_\_
3. **Goal for Response Prevention:**
	* (Example: “I will not wash my hands or use hand sanitizer for 10 minutes afterwards.”)

**3. During the Exposure**

1. **Start Time:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. **End Time (If applicable):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. **SUDS Ratings at Intervals**
	* **Immediate Anxiety (during exposure):** \_\_\_\_\_\_\_\_ (0–100)
	* **Midway Through Exposure:** \_\_\_\_\_\_\_\_ (0–100)
	* **Near the End of Exposure:** \_\_\_\_\_\_\_\_ (0–100)
4. **Urge to Perform Compulsion:**
	* Rate how strong the urge was on a scale of 0–100:
		+ **Lowest Urge:** \_\_\_\_\_\_\_\_
		+ **Highest Urge:** \_\_\_\_\_\_\_\_
5. **Thoughts, Emotions, and Physical Sensations Noticed:**
	* (Example: racing heart, sweating, “I can’t handle this,” tension in shoulders, etc.)

**4. After the Exposure**

1. **Final SUDS Rating (Post-Exposure):** \_\_\_\_\_\_\_\_ (0–100)
2. **Did You Refrain from the Compulsion?**
	* If **yes**, how did you do so?
	* If **no**, what happened and what can you try differently next time?
3. **What Happened to Your Anxiety Over Time?**
	* (Example: Did it go down, stay the same, or fluctuate?)
4. **Reflections & Learning**
	* What did you learn or notice about your fear, your anxiety, and your ability to handle discomfort?
5. **Next Steps**
	* (Example: Plan the next exposure, consider whether to increase duration or intensity next time, note any adjustments.)

**5. Additional Notes or Observations**

* (Use this space to jot down anything else you noticed, any skills you used, or any questions you want to discuss in the next session.)

**Instructions for Use**

1. **Complete a Worksheet for Each Exposure Session**
Documenting each exposure ensures you can track your progress, notice patterns in your anxiety, and celebrate successes.
2. **Track SUDS (Subjective Units of Distress Scale)**
SUDS is a 0–100 rating where 0 is no distress at all and 100 is the worst distress you can imagine. Doing this before, during, and after an exposure helps you see that anxiety typically rises and then falls over time—even without performing the compulsion.
3. **Be Specific**
Describe the situation, your thoughts, and bodily sensations in detail. This helps you identify triggers and track how your body and mind react.