

ERP Exercise Recording Worksheet

Date.....

Client Name.....

Describe the situation or trigger

What caused the anxiety or distress? Be specific.

Anxiety Level (0-10)

Before the exercise									
During the exercise									
After the exercise									

List any avoidance or safety behaviors you were tempted to use

*Did you try to avoid the situation, or engage in behaviors that reduced anxiety temporarily?
Describe*

How did you respond during the exercise?

Did you refrain from engaging in compulsive behaviors? How did you handle the exposure?)

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Duration of the exposure

How long did you stay in the triggering situation or thought without avoidance behaviors?

What thoughts or emotions came up during the exposure?

List any significant thoughts or feelings, especially those related to the anxiety

What did you learn from this experience

What insights did you gain about your anxiety, compulsions, or the exposure process?

Compare your anxiety level to previous exposures

Was this exposure harder or easier than previous ones? How are you progressing?

Plan for future ERP exercises

What's the next situation or thought you'll work on? When will you do it.
