

OCD ERP practice record

EXPOSE • ALLOW • LEARN



Track exposure, response prevention and what you learn

ERP is a specialist CBT approach. Plan practices collaboratively, especially when symptoms are severe, risk is present or the exercise involves uncertainty about health or safety.

TRIGGER / OBSESSION

Situation, thought, image or urge.

PLANNED EXPOSURE

What I chose to approach.

RESPONSE PREVENTION

Compulsion, reassurance or neutralising I delayed or resisted

DISTRESS

Before ____ Peak ____ After ____
Duration

LEARNING

What I noticed about
uncertainty, urges and choice.