



ERP in Action

This worksheet outlines important steps in Exposure & Response Prevention (ERP) and outlines some core processes to help ERP be effective.

Lean *into* OCD

OCD will tell you that you cannot handle this, & that you must get back to following OCD rules or bad things will happen. Instead, show OCD that you are the agent in your life.

- **Exposure:** Lean into core OCD fears, *in some way*
- **Response prevention:** Resist, delay and/or reduce compulsions
- **Refocus:** Let OCD be present *in the background* while you put your main attention back onto a planned activity

Example of ERP in Action

Exposure: Write the word “wrong” and lean into fears that have missed something and caused something bad to happen to others.

Response Prevention: I will not replace the thought and tell myself I am a good person. If I catch myself doing that, I will go back into my fear & say “maybe I am not good”

Refocus: Hi OCD, I see that you think I am bad. You can think about that but I am getting on with my gardening.

Support You

This process is hard work! You need to be mindful of why you are doing this and how you are learning and growing in your skills & self-beliefs.

- **Motivation:** What makes this worth trying? What are you working towards?
- **Growing skills:** What are you learning? Note the skills you are developing as you go through this practice.
- **Self Beliefs:** What does this say about you? How would you support a friend?

Motivation: OCD rules haven’t worked for my life. I am doing things my way. For more freedom. I want to get back to work.

Growing Skills: Learning to accept uncertainty. That I can still do things when I am feeling uncomfortable.

Self-Beliefs: I am being brave. I am trusting the process. I am getting stronger. I am persistent.

You don’t have to feel proud, but you do need to give yourself recognition for this hard work. Well done!

