



What is ERP

What does ERP mean?

In ERP, a person with OCD practises approaching feared situations (exposure) while not doing compulsions (response prevention). It's done in a safe, graded way, starting with easier situations and working up. The goal of ERP isn't to make the trigger feel good or to get rid of anxiety; it is about creating new learning, to teach us that we can handle the discomfort without doing compulsions.

Exposure

Purposefully approach, not avoid, triggering situations & obsessions

Key learning: I can move freely in the world. I make choices for me.

Response Prevention

Response Prevention is when we choose to not do the Response that we would normally do (a compulsion).

There are many ways that we can do successful RP;

Resist

Blocking rituals and removing safety behaviours entirely.

Key Learning:
I can accept human experiences without compulsions

Delay

Increase the time between urge and compulsion.

Key Learning:
I can sit with discomfort without responding straight away

Reduce

Modifying or reducing rituals, swapping steps, time limits, deleting steps.

Key Learning:
I can accept incompleteness

Refocus

Allow OCD experience to be present in the background, while you put primary focus onto chosen activity.

Key Learning:
I can be flexible I can leave things incomplete AND move on with my day

Each of these components are outlined in more detail in information sheets: Exposure, Resist, Delay, Reduce, and Refocus Part 1 & Part 2

