



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

Support You

This process takes hard work! To get the most from this activity, reminds yourself of why you are doing this and how you are learning and growing.

- **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?

My ERP Action Plan

Exposure:

Motivation:

Response Prevention:

Growing Skills:

Refocus:

Self-Beliefs:

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

