ERP PRACTICE & REFLECTION

Use this page to plan intentionally, practice response prevention, and learn - not to grade yourself.

THE GOAL IS PRACTICE, NOT A PARTICULAR FEELING

You do not need anxiety to drop, the exposure to feel complete, or perfect response prevention for the practice to be useful.

BEFORE THE EXPOSURE

1. What am I choosing to approach?

Be specific about the situation, thought, sensation, image, memory, or uncertainty.

2. Why does this matter to my life?

What value, relationship, responsibility, or freedom am I moving toward?

3. What does OCD want me to do?

Name the urge: avoid, check, wash, ask, review, confess, research, monitor, neutralize, etc.

4. What compulsion(s) will I practice reducing or resisting?

5. What uncertainty am I willing to leave unresolved?

AFTER THE EXPOSURE

1. What urges showed up?

2. Did I notice any obvious or sneaky compulsions?

Notice without turning this into a search for perfect certainty.

3. How did I respond when they appeared?

4. What did I practice?

Focus on willingness and response prevention, not how calm you felt.

5. What did I learn about continuing without complete certainty?

6. What might I practice next?

DO NOT GRADE THE EXPOSURE

Use this page to learn - not to obtain certainty. You do not need to record whether anxiety went down, whether you did it perfectly, or whether the exposure "worked."