

EXPOSURE / RESPONSE PREVENTION HOMEWORK SHEET

Date: _____

I. Before the Exposure:

1. Describe the exposure (What fears will you face and what ritual/compulsion will you refuse to do?):
2. What do you fear will happen when you try this exposure? (Be specific)
3. How long do you think you can stick with this task? _____.

II. During the Exposure: **On a scale of 0 – 100**, periodically take note of and rate the fear level and how much you want to quit and give in to the rituals/compulsions. **This process can last +/- 90 minutes.**

Start Time: _____

End Time: _____

FEAR	QUIT	Time	FEAR	QUIT	Time	FEAR	QUIT	Time	FEAR	QUIT	Time
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
FEAR	QUIT	Time	FEAR	QUIT	Time	FEAR	QUIT	Time	FEAR	QUIT	Time
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
FEAR	QUIT	Time	FEAR	QUIT	Time	FEAR	QUIT	Time	FEAR	QUIT	Time
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
FEAR	QUIT	Time	FEAR	QUIT	Time	FEAR	QUIT	Time	FEAR	QUIT	Time
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
FEAR	QUIT	Time	FEAR	QUIT	Time	FEAR	QUIT	Time	FEAR	QUIT	Time
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

III. After the Exposure:

1. Did the feared situation/scenario come true? YES NO
2. Were you able to manage the distress without having to do time-consuming rituals? YES NO
3. Did you learn that the fear and anxiety were NOT intolerable? YES NO
4. Did you learn that the feared consequence has a low likelihood of actually happening? YES NO
5. By the end of this exposure, what happened to fear & anxiety? WENT UP WENT DOWN NO CHANGE
6. What happened to the urge to do rituals/compulsions/to avoid? WENT UP WENT DOWN NO CHANGE
7. What did you learn from doing this exposure?

8. Are exposures showing you that fear is a liar? YES NO
 - Please explain how or how not:
9. What could you do to change up this exposure to make it even more fearful?