

Date: _____

Exposure / Response Prevention Homework Sheet

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 (or 0 – 10), periodically take note of and rate the fear/anxiety/panic level and how strongly you want to quit and give in to the rituals/compulsions. **This process can last +/- 90 minutes.**

Start 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
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

End Time: _____

III. After the Exposure:

1. Did the feared situation/scenario come true? YES NO
2. Did you learn that the feared consequence has a low likelihood of actually happening? YES NO
3. Were you able to manage the distress without having to do time-consuming rituals? YES NO
4. Did you learn that the anxiety, fear & panic were NOT intolerable? YES NO
5. What happened to fear, anxiety & panic after the exposure? WENT UP WENT DOWN NO CHANGE
6. Do you feel more powerful over OCD now that you've done this exposure? YES NO I'M NOT SURE
7. What happened to the urge to do rituals/compulsions/to avoid? WENT UP WENT DOWN NO CHANGE
8. What did you learn from doing this exposure?
9. Are exposures showing you that fear is a liar? YES NO
 - Please explain how or how not:
10. What could you do to change up this exposure to make it even more fearful and help you climb up your exposure ladder?