

ERP Practice Diary

Date: _____

Pre-Exposure Planning

1. Exposure target:

2. What is my SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goal?

3. What do I fear will happen when I complete my ERP? How likely is it that the outcome I fear will happen, from 0 to 100 percent?

4. How has my OCD interfered with engaging in meaningful activities related to my goal?

5. What values are related to my ERP goal? *Take a few minutes to slow down and describe what is important to you about your ERP goal. As you write, notice your emotions, bodily sensations, thoughts, and mental images.*

6. After completing my exposure task, I will practice response prevention (RP) by not engaging in compulsions or avoidant behaviors by doing the following:

Post-Exposure Debriefing

1. What did I experience during and after completing my ERP?

2. What did I learn from my experience? In what ways was I surprised?
