



## OCD Exposure and Response Prevention Worksheet pdf

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|--|--|---|
| <p><i><b>Situation and triggers</b></i><br/>(what causes the thoughts)</p> | <p><i><b>Obsessions</b></i><br/>(what are the disturbing thoughts)</p> | <p><i><b>Compulsions</b></i><br/>(actions i perform to get rid of thoughts)</p> |
|--|--|---|

### Exposure and Response Prevention Activity

Expose yourself to the disturbing trigger

Try to resist your compulsions

Perform the following activity and rate the level of anxiety you face.

| <b>Activity</b><br>(Perform the activities while having obsessions and compulsions) | <b>Feeling</b><br>(what do you feel during the activity) | <b>Level of Anxiety</b><br>(%) |
|---|--|--------------------------------|
| <b>Breathing</b>  |  |                                |
| <b>Physical Exercise</b>  |  |                                |
| <b>Spinning and shaking</b>   |  |                                |

|                                    |  |  |
|------------------------------------|--|--|
| <b>Head -rush</b>                  |  |  |
| <b>Look yourself in the mirror</b> |  |  |

## References

[Hezel, D. M., & Simpson, H. B. \(2019\). Exposure and response prevention for obsessive-compulsive disorder: A review and new directions. \*Indian journal of psychiatry\*, 61\(Suppl 1\), S85.](#)

[Whittal, M. L., Thordarson, D. S., & McLean, P. D. \(2005\). Treatment of obsessive-compulsive disorder: Cognitive behavior therapy vs. exposure and response prevention. \*Behaviour research and therapy\*, 43\(12\), 1559-1576.](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.