

EXPOSURE AND RESPONSE PREVENTION EXERCISES

LIST OF STRESSFUL SITUATIONS

Situation	Rating (0-100)

LIST OF COMPULSIVE RESPONSES

Behaviour	Frequency (1-4)	Anxiety Rating if stopping compulsive behaviour (0-100)

(Adapted from Claiborn & Pedrick, 2002)

LIST OF AVOIDANCE RESPONSES

Avoided activities/situations	Frequency (1-4)

(Adapted from Claiborn & Pedrick, 2002)

RECORDING ERP PROGRESS

Stressful Situation: _____

Concern: _____

Typical compulsive response:

Typical avoidance response:

More balanced response (list each gradual change in response to reach your final goal):

	✓
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Reward: _____

Beginning rating: _____ **Ending rating:** _____

(Adapted from Claiborn & Pedrick, 2002)