

Response Prevention Planner

A worksheet for identifying and reducing compulsions

Purpose: This worksheet helps you identify the behaviors and mental rituals OCD uses to obtain relief or certainty, then plan a response that leaves the cycle unfinished.

1. Name the Compulsions

Compulsion / safety behavior	What OCD says it prevents or proves	Short term effect

2. Choose the Response Prevention Target

The compulsion I want to work on first:

Situations where I am most likely to do it:

What makes resisting it difficult?

3. Plan the Alternative

Response prevention is not replacing one ritual with a subtler ritual. The goal is to allow uncertainty or discomfort without performing the behavior OCD uses to obtain relief.

When OCD tells me to perform the compulsion, I will practice:

A brief uncertainty response I can use without reassuring myself:

What I will return my attention to afterward:

4. Watch for Rituals in Disguise

- ☐ Repeating the ERP phrase until it feels right ☐ Checking whether anxiety went down
- ☐ Asking whether I did the exposure correctly ☐ Mentally proving the feared outcome is unlikely
- ☐ Using grounding only to force anxiety away ☐ Reviewing the session for certainty

Other ways OCD might try to turn treatment into a ritual:

5. Practice Log

Situation	Compulsion urge 0-10	What I resisted	What I did next

6. Review

What became easier to leave unresolved?

Where did I still seek certainty or relief?

What will I practice next?
