ERP Exposure Hierarchy

A worksheet for building gradual, purposeful OCD exposure practice

Purpose: This worksheet helps organize feared situations and uncertainty into a workable ERP hierarchy while identifying the compulsions you intend to resist.

1. Identify the OCD Pattern

What situations, thoughts, images, sensations, memories, or uncertainties tend to trigger OCD?

What does OCD predict might happen, or what does it insist you must know for certain?

What compulsions or safety behaviors usually follow? Include visible behaviors and mental rituals.

2. Build Your Exposure List

List possible practices from easier to harder. Rate anticipated distress or difficulty from 0-10. The rating is a planning tool, not a score you must make go down.

3. Choose a Starting Practice

Exposure I will practice:

ERP Exposure Hierarchy

What will I allow to be uncertain, uncomfortable, or unfinished?

What response will I prevent or reduce?

What would OCD like me to do after the exposure?

5. Review the Learning

What did I learn about my ability to carry uncertainty or discomfort?

Did OCD try to turn the exercise into reassurance, checking, or a test of whether I felt calm?

What is the next useful step in the hierarchy?

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2. Build Your Exposure List

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1 · Exposure / uncertainty to approach

Difficulty 0-10

Compulsion to resist

2 · Exposure / uncertainty to approach

Difficulty 0-10

Compulsion to resist

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4. Practice Record

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Entry 1 · Exposure Date Before 0-10

Compulsion resisted

What I learned

Entry 2 · Exposure Date Before 0-10

Compulsion resisted

What I learned