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.

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:

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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:

6. Review

What became easier to leave unresolved?

Where did I still seek certainty or relief?

What will I practice next?

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1. Name the Compulsions

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Entry 1 · Compulsion / safety behavior

What OCD says it prevents or proves

Short term effect

Entry 2 · Compulsion / safety behavior

What OCD says it prevents or proves

Short term effect

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5. Practice Log

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Entry 1 · Situation Compulsion urge 0-10

What I resisted

What I did next

Entry 2 · Situation Compulsion urge 0-10

What I resisted

What I did next