

# OCD SESSION 4 COURSE WORKBOOK





## EXPOSURE RESPONSE PREVENTION (ERP)

In session 4 we introduced you to ERP- a recommended, evidenced based intervention for OCD. As you heard, this can be difficult to practise but think back to your vicious flower and remind yourself how your compulsions keep your OCD going and impact negatively on your life. If we don't engage in ERP we won't get on top of our OCD!

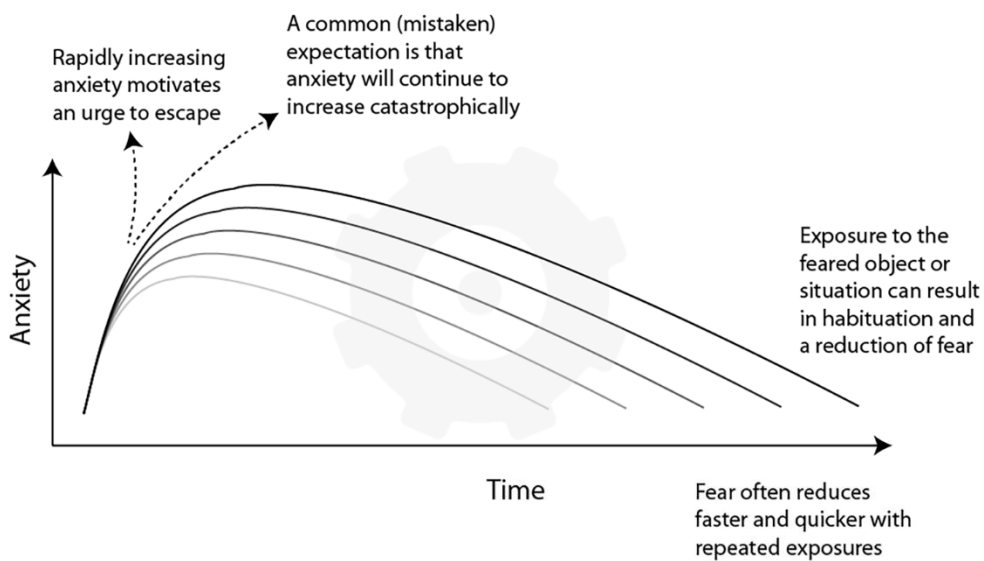
### What is ERP?

- **Exposing (E)** yourself to situations that bring on obsessions (triggers)
- **Response Prevention (RP)** not engaging in the unhelpful coping strategies that include compulsions or rituals, and avoidance
- It will involve an initial increase in discomfort until prevention is stabilised and we habituate to our anxiety

**It's easier if we start with situations that don't cause us the most anxiety and work our way up- we call this a hierarchy.**

Situation	Distress

We may have to stay in each situation for a while before our anxiety reduces. Use the log below to record your exposure once you have devised a list (hierarchy) of the situations you avoid or only allow yourself to do by using compulsions. Over time try to reduce your compulsions. You may be able to stop some altogether or may start by delaying or modifying your compulsions. The log attached below allows you to record your anxiety levels. We learn our anxiety reduces over time with exposure - this is called habituation.



## Planning Exposure

1) During my planned exposure time

When my Fear/Obsession tells me to do this:

I will instead do this:

2) Outside of my planned exposure time

When my Fear/Obsession tells me to do this:

I will instead do this:



## EXPOSURE LOG WITH EXAMPLE

Date	24/09/21	Date		Date	
Exposure	Leave toilet without watching hands.	Exposure		Exposure	
Time	Distress (0-10)	Time	Distress (0-10)	Time	Distress (0-10)
5 mins	9	5 mins		5 mins	
10 mins	10	10 mins		10 mins	
15 mins	9	15 mins		15 mins	
20 mins	10	20 mins		20 mins	
25 mins	8	25 mins		25 mins	
30 mins	8	30 mins		30 mins	
35 mins	6	35 mins		35 mins	
40 mins	5	40 mins		40 mins	
45 mins	4	45 mins		45 mins	
50 mins	3	50 mins		50 mins	
55 mins	3	55 mins		55 mins	
60 mins	2	60 mins		60 mins	
Anxiety pre:	9	Anxiety pre:		Anxiety pre:	
Anxiety post:	2	Anxiety post:		Anxiety post:	
Compulsion techniques used.	Postponing	Compulsion techniques used.		Compulsion techniques used.	