

## ERP EXPOSURE PRACTICE FORM

First Name\*

Last Initial\*

Date

Exposure Completed \*Create anxiety and uncertainty

Response Prevention Script?

How many minutes was your ERP?

- 0-14
- 15-29
- 30-45
- 46-60
- 60+

Beginning, Middle and Ending SUDS from 0-10 \*Remember to stay with the exposure until it comes down by half

Beginning

Middle

Ending

Were you successful at avoiding compulsions? What compulsions did you avoid?

What did you learn from the Exposure?

***You can do this!***

*"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do."*

**- Eleanor Roosevelt**