

Exposure & Response Prevention (EX/RP)

Exposure and Response Prevention is about exposing yourself to a situation that triggers your obsessions or compulsions (exposure), and then deliberately resisting the urge to carry out the compulsion that would normally relieve your anxiety (response prevention).

Situation / Trigger
What situations trigger my obsession?

Obsession
What is the thought, image, urge or impulse that bothers me?

Compulsion
What do I do to make myself feel better when I get the obsession?

EX/RP Instructions:

1. Expose yourself to the trigger
2. Resist performing the compulsion
3. Record how distressed you feel over time using the graph below
4. If you do perform the compulsion, expose yourself to the trigger again

