ERP Steps

Expose on purpose. Prevent the ritual. Learn. Review. One step.

Name: _____ **Date:** _____

1. Safety check

Crisis or psychosis?
Pause. Get help.

2. Map the loop

Obsession, distress,
ritual, relief.

3. Rate SUDS

0 to 10 before,
during, after.

4. Build ladder

Easy to hard. One item
at a time.

5. Plan RP

What NOT to do.
Competing response.

6. Expose

Stay with the trigger.
No ritual.

7. Surf the urge

Notice. Breathe. Peak.
Fall.

8. Learn

Expected vs actual.
What changed?

9. Review

Weekly check. Adjust
next step.

What ERP is and is not

ERP = Exposure + Response Prevention. Face the trigger. Do not ritualize.

Is Learn by staying with distress	Graded, planned, clinician guided
Is not Not a trick. Not a cure printable	Flooding, thought stopping, reassurance
Care Prefer clinical care / safety plan	Crisis, severe depression, psychosis

Skill practice aid for ERP sessions. Does not replace trained ERP supervision.

988 · HOME to 741741 · 911 · Acute crisis: use a safety plan first

Not affiliated with IOCDF, APA, NICE, or any author named on the guide page.

My ERP Plan

Hierarchy slots. Response prevention. Competing response. Delay.

Name: _____ **Date:** _____

Exposure hierarchy (fear ladder slots)

Target obsession / theme: _____

1. Easy (SUDS ~2-3): _____

2. Medium (SUDS ~4-5): _____

3. Harder (SUDS ~6-7): _____

4. Hard (SUDS ~8): _____

Response prevention plan

Ritual I will NOT do: _____

Mental ritual I will NOT do: _____

Reassurance I will NOT seek (self / others / Google): _____

If urge rises, I will: _____

Competing response and delay

Competing response (what I DO instead): _____

Delay plan (how long before I reassess with therapist): ____

Support person / check in plan: _____

Values worth the practice: _____

Crisis line if needed: 988 · HOME to 741741 · 911

Original layout by Lotus & Tulip, based on published ERP / OCD research. Not therapy.

Free printable from Lotus & Tulip · lotustulip.com/erp-worksheets-for-ocd.html

ERP Practice Log

Date. Step. SUDS before/peak/after. Ritual blocked? What I learned.

Name: _____ **Date:** _____

Date	Exposure step	SUDS B/P/A	RP held?	What I learned
# 1				
# 2				
# 3				
# 4				
# 5				

ERP mini cards (cut out, keep with hierarchy)

SUDS
0 calm · 10 worst

RP
Ritual: not this time

Delay
Urge first. Wait. Reassess.

Learn
Expected vs actual?

Surf
Notice. Peak. Fall.

Values
Why this hard step?

Check
No Google reassurance

Review
What worked this week?

Safety
988 · HOME 741741 · 911

Not a standalone treatment. Use with a clinician trained in ERP for OCD.

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L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

OCD and ERP Worksheets for Therapists

Fillable PDF, 20 pages: exposure ladder with 0 to 100 distress ratings, exposure practice record, response prevention plan and 8 week tracker

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4607343449 | instant digital download

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