LOTUS & TULIP

Free OCD and ERP Worksheets *for Therapists*

Exposure and response prevention starter pack: 6 real pages from the full 20 page set. Client use license included.

For adult and teen clients. US Letter, print or annotate in any PDF app

The OCD cycle · exposure ladder · practice record
response prevention plan · riding the urge · support and contacts

All 20 pages: **etsy.com/listing/4607343449**

How to use this starter pack

Notes for the qualified clinician

Inside (8 pages)

1. Cover
2. How to use this starter pack
3. The OCD cycle
4. Building my exposure ladder
5. Exposure practice record
6. Response prevention plan
7. Riding the urge
8. Support and contacts

One way to use it

Map a recent example on the OCD cycle. Build the ladder together, rating each step from 0 to 100 (SUDS), and begin with a step the client is willing to try, often around 30 to 50. Agree on the rituals to drop before each practice and log it on the practice record (start, peak, end). Shrink rituals with the response prevention plan and use riding the urge between sessions.

Distress does not have to fall to zero for a practice to count: learning that the feared outcome did not happen, or that the discomfort was bearable without a ritual, is the point. Repeat and vary a step before moving up.

Client use license

You may print and share these pages, on paper or as PDF, with your own clients, in session, as homework or through your telehealth or client portal. Please do not resell them or post the file on other websites; share the link to the free download instead.

Safety first

Exposures are planned with the client and never forced. Do not design exposures that involve real danger, harm to others or acting on an unwanted thought. If a client describes thoughts of suicide or self harm, follow your safety protocol. The last page lists the US 988 Suicide and Crisis Lifeline and 911.

Good to know

For use by a qualified clinician trained in exposure and response prevention, with adult and teen clients. These pages support treatment; they do not diagnose any condition and are not a substitute for assessment or treatment.

Designed with the help of an AI generator, then reviewed and edited page by page. All wording is our own.

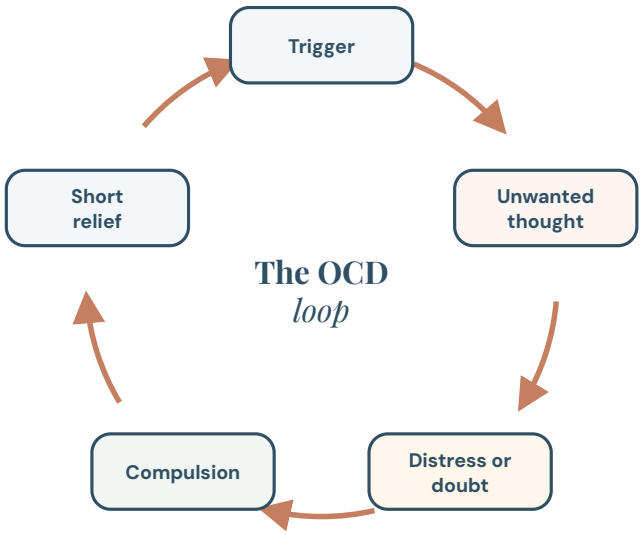
The full OCD and ERP set: 18 worksheets, 20 pages

Worksheet	In this pack	Worksheet	In this pack
The OCD cycle	Yes	Response prevention plan	Yes
My obsession themes	Full set	Riding the urge	Yes
Compulsions and avoidance inventory	Full set	Stepping back from reassurance	Full set
Trigger and ritual log	Full set	Making room for uncertainty	Full set
What OCD costs me	Full set	Imaginal exposure planner	Full set
Distress scale (0 to 100)	Full set	Family and accommodation plan	Full set
Building my exposure ladder	Yes	8 week practice tracker	Full set
Exposure planning sheet	Full set	Staying on track plan	Full set
Exposure practice record	Yes	Support and contacts	Yes

Full OCD and ERP set, EUR 10: etsy.com/listing/4607343449 · Treating more than OCD? **Therapist Worksheets Mega Bundle** (8 packs: CBT, DBT, ACT, anxiety, grief, ADHD, kids feelings, notes; OCD set sold separately), EUR 39: etsy.com/listing/4607247979

The OCD cycle

See how rituals bring quick relief and keep the loop going



The relief teaches the brain that the ritual was needed, so the next trigger feels just as urgent.

My loop

A common trigger for me

The thought, image or urge that shows up

What I feel (fear, disgust, doubt, not just right)

What I do to make it stop

How long the relief lasts

What the loop has cost me (time, plans, people, energy)

Where in the loop I could do something different

Key idea: thoughts are not the problem to solve. Exposure and response prevention means facing the trigger and letting the distress rise and fall without the ritual.

Building my exposure ladder

List feared situations from easiest at the bottom to hardest at the top

10	Situation	Distress 0 to 100	Ritual I would want to do
9	Situation	Distress 0 to 100	Ritual I would want to do
8	Situation	Distress 0 to 100	Ritual I would want to do
7	Situation	Distress 0 to 100	Ritual I would want to do
6	Situation	Distress 0 to 100	Ritual I would want to do
5	Situation	Distress 0 to 100	Ritual I would want to do
4	Situation	Distress 0 to 100	Ritual I would want to do
3	Situation	Distress 0 to 100	Ritual I would want to do
2	Situation	Distress 0 to 100	Ritual I would want to do
1	Situation	Distress 0 to 100	Ritual I would want to do

Ways to make a step easier (shorter, with support, in a safer place)

Ways to make a step harder later

Free sample. All 20 pages: **etsy.com/listing/4607343449**

Exposure practice record

Track each practice so progress is easy to see

Date	Exposure	Distress start	Distress peak	Distress end	Rituals dropped? Yes, partly, no	What I learned

What surprised me about doing exposures

Response prevention plan

Shrink rituals step by step: delay, reduce, change, then drop

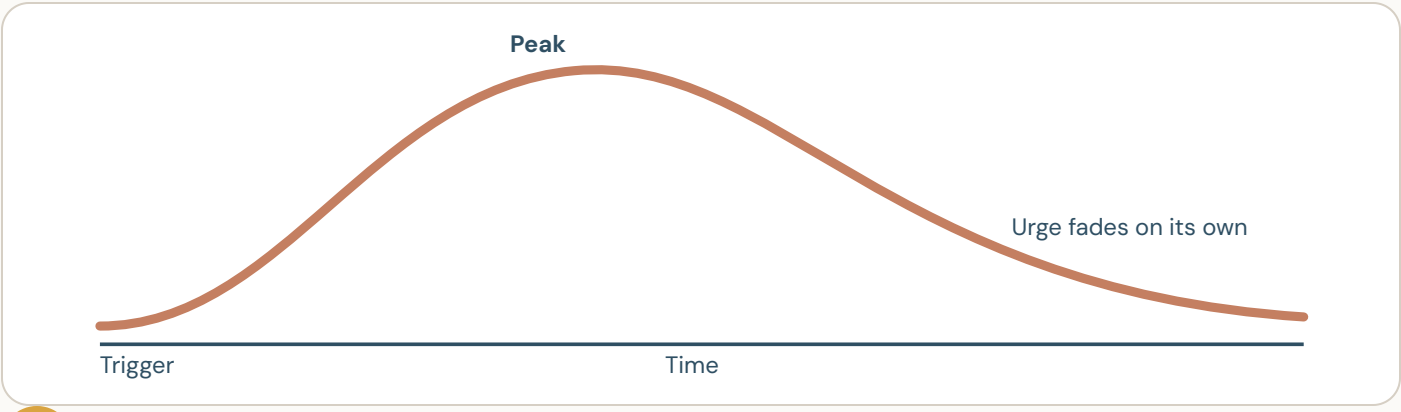
Ritual	Delay it (by how long)	Reduce it (how much)	Change it (how)	Drop it (from when)

My rules for this week (for example, one hand wash of 20 seconds)

What I will do instead when the urge hits

Riding the urge

Urges rise, peak and fall, even when we do not act on them



1. **Notice**
   Name it: this is an urge to do a ritual. It feels urgent, and it will pass.
2. **Breathe and stay**
   Keep doing what you were doing. Let the feeling be there without fighting it.
3. **Rate it**
   Check the urge from 0 to 100 every few minutes and watch it change.
4. **Return to values**
   Turn attention back to the task, person or plan in front of you.

When	Urge at start	Urge at peak	Urge after 20 minutes	What helped me stay with it

Support and contacts

Fill in with your clinician and keep it close

My clinician and practice contact

People I can reach out to (name and number)

Things that help me on hard days

Questions or notes for my clinician

In the United States, if you are in crisis or thinking about suicide: call or text **988** (988 Suicide and Crisis Lifeline), or chat at 988lifeline.org. In an emergency, call **911**. Outside the US, contact your local emergency number.

OCD is common and treatable. These pages support, and do not replace, care from a licensed professional.

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Liked this free printable?

The complete, ready to print version is here:

OCD and ERP Worksheets for Therapists, all 20 pages

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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