



Instructions

Use this worksheet to track intrusive thoughts, triggers, emotional intensity, and how you responded. Consistent recording will help you identify patterns and plan effective ERP exercises.

Date/Time

(Write the exact date and time the intrusive thought appeared.)

Trigger

- *What were you doing just before the thought occurred?*
- *Where were you, or who were you with?*

(Example: "Watching a scary news segment on TV," or "Getting into bed at night.")

Intrusive Thought / Image / Urge

- *Describe the thought exactly, even if it's uncomfortable.*

(Example: "I had a flash of yelling something obscene in church.")

Emotional Intensity (0–10)

- *How anxious, fearful, or distressed did you feel?*
- *Use a scale from 0 (no anxiety) to 10 (extreme anxiety).*

(Example: "8/10 – I was really panicked.")

Immediate Response or Compulsion

- *Did you try to distract yourself, seek reassurance, or perform any ritual?*
- *Did you avoid something or repeatedly check something?*

(Example: "Texted my friend for reassurance," or "Repeated a calming phrase in my head.")

Observations / Notes

- *Any additional details or reflections?*
 - *How long did the anxiety last before it faded on its own?*
- (Example: “After 10 minutes, the fear dropped to 5/10.”)*

Weekly Review Section

After several entries, reflect on **common triggers**, **common compulsions**, and **progress** you notice.

- *What triggers keep popping up?*
- *Are there specific situations, times of day, or emotional states where intrusive thoughts spike?*
- *Are you noticing any decrease in intensity or frequency?*

Disclaimer

This worksheet is for personal use and not a substitute for professional diagnosis or treatment. If you have severe distress or thoughts of self-harm, please seek help from a licensed mental health professional.