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How to Use This Worksheet

This worksheet will guide you in breaking down complex fears into manageable exposure steps. Use it to track your progress and ensure you are moving forward in your ERP practice.

Step 1: Define Your Core Fear

What is your main fear?

(Example: "I am afraid of contamination and getting sick.")

What is the worst possible outcome you fear?

(Example: "I might contract a disease and not recover.")

What compulsions do you do to feel safe?

(Checking, avoidance, reassurance-seeking, mental reviewing, etc.)

Step 2: Break the Fear Into Smaller Exposure Steps

List **specific** situations that cause anxiety, from easiest to hardest.

Exposure Task	SUDs (0-10)	Completed? (✓/✗)	Notes
Example: Touching a doorknob without washing hands for 5 min	4	<input type="checkbox"/>	

Step 3: Implement Response Prevention

To ensure your exposures are effective, you need to resist compulsions.

What compulsions will you avoid during exposures?

(Example: Not using hand sanitizer immediately after touching objects.)

How will you sit with uncertainty instead of seeking reassurance?

(Example: Remind myself that anxiety will decrease over time.)

Step 4: Track Your Progress

Date	Exposure Attempted	SUDs Before	SUDs After	Did Anxiety Drop?	Notes

Final Reflection

- What exposure step felt the hardest? How did you handle it?
- What did you learn from your exposures this week?
- What is your next exposure goal?

Need More Support?

If you're struggling with ERP, visit MoodSmith for expert guidance and resources.

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