

Exposure Response Prevention (ERP) Worksheet

Use this worksheet to practice exposure response prevention activities. Record the date and time in the first column. In the second column, identify the target exposure. In the third column, identify the response or safety behaviour that you will practice suspending. In each of the following SUDs columns record your “Subjective Unit of Distress” after the interval indicated. SUDs provide a simple measure of distress on a 0-10 scale, where 0 is no distress and 10 is maximum distress.

Date / Time	Targeted Exposure	Suspended Response / Safety Behaviours	SUD – Rate 0-10			
			5 Mins	15 Mins	30 Mins	60 Mins
DD/MM/TT	What is the anxiety provoking situation / activity?	What response or safety behaviour will I suspend?				