

# Daily Exposure Practice Form

adapted from Hyman & Pedrick 2005

Task \_\_\_\_\_

Ritual prevention \_\_\_\_\_

Expected Initial Distress rating % (before starting Exposure) \_\_\_\_\_

Goal: Distress level % (after Exposure) \_\_\_\_\_

Frequency of Exposures \_\_\_\_\_ times per \_\_\_\_\_ (day/week)

Day/Date	Start time	Stop time	Distress % start	Distress % end	Comments

**Distress Rating**

0      10      20      30      40      50      60      70      80      90      100

No or minimal distress      Moderate      Severe distress      Worst ever

*Use this form when undertaking Exposure & Response Prevention (ERP), e.g. when NOT responding to the urge to perform a ritual or compulsion. It is normal to feel very anxious and distressed at the thought of not being able to do the ritual.*