Daily Exposure Practice Form *adapted from Hyman & Pedrick 2005*

Task _____

Ritual prevention (or delay) _____

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 either delaying or not doing the ritual.