

Blank ERP Hierarchy Template for OCD

My ERP Hierarchy for OCD Theme: _____

Step #	Exposure Exercise (Triggering situation/thought/ object)	Estimated SUDS (0- 100)	Response Prevention (Compulsion(s) to Resist)	Date Practiced	Peak SUDS During	SUDS After	Notes
1							
2							
3							
5							
6							
7							

(Add more rows as needed)

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8							
9							
10							
11							
12							
13							
14							
15							

(Add more rows as needed)

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