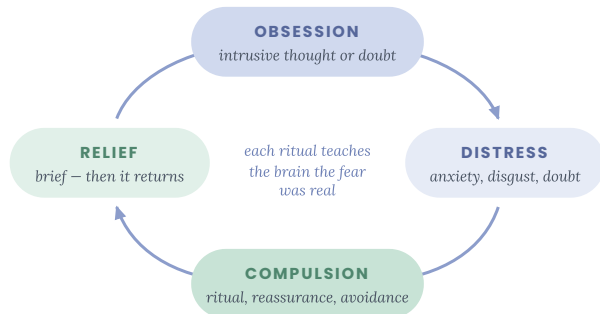


OCD Practice Between Sessions

EXPOSURE & RESPONSE PREVENTION · WEEKLY RECORD

OCD keeps itself going through a cycle of intrusive thoughts and rituals. Practising between sessions — facing fears gradually while resisting rituals — is where much of the change happens. Use this sheet to plan, record and reflect on your week.

The OCD Cycle



Breaking the Cycle Exposure & response prevention

Exposure

Gradually facing thoughts, images or situations that trigger the obsession.

Response prevention

Choosing not to do the ritual — letting anxiety rise and fall on its own.

Helpful Reminders

- ✓ Most people have unwanted intrusive thoughts — having them isn't the problem.
- ✓ A thought is not a fact, a prediction or a wish.
- ✓ "Maybe, maybe not" — practise living with uncertainty.
- ✓ Urges peak and pass, like a wave, if you let them.
- ✓ Reassurance-seeking and mental reviewing count as rituals too.

Go at an agreed pace. Practise the steps planned with your therapist. Slips are part of learning — note them and carry on.

WEEK OF _____

THIS WEEK'S EXPOSURE FOCUS _____

RITUAL I'M REDUCING _____

INSTEAD, I WILL... _____

DAY	EXPOSURE / SITUATION <i>what I faced</i>	OBSSESSION <i>the thought or feared outcome</i>	DISTRESS START 0–100	URGE 0–10	RITUAL? N none · S some · Y yes	DISTRESS END 0–100	WHAT I NOTICED <i>what I learned</i>
E.g.	Touched door handle; didn't wash for 30 min	"I'll get ill and it'll be my fault."	70	8	N	30	The urge faded after about 20 minutes.
Mon					N S Y		
Tue					N S Y		
Wed					N S Y		
Thu					N S Y		
Fri					N S Y		
Sat					N S Y		
Sun					N S Y		

RITUALS I NOTICED THIS WEEK — TICK ANY THAT SHOWED UP

- | | | | |
|---|---|--|--|
| ☐ Washing / cleaning | ☐ Checking | ☐ Repeating | ☐ Counting |
| ☐ Ordering / arranging | ☐ Mental reviewing | ☐ Seeking reassurance | ☐ Avoiding triggers |

BRING TO NEXT SESSION

A win this week

Where I got stuck

A question for my therapist

Next step I'd like to try