

# DIY Guide for Kids

## ERP Worksheet for OCD



# ERP Worksheet for OCD:

## Listing My Fears

**Direction:** Use this worksheet to list and then rank your fears from least to most scary.

My Fears	Fear Ranking

# ERP Worksheet:

## Create a Fear Ladder

**Direction:** Rewrite your fears in order from least to most scary to create a fear ladder.


# ERP Worksheet:

## Plan Exposure Exercises

*Direction:* Use this worksheet to plan specific exposure exercises for each of your fears.

Fear	Exposure Exercise

# ERP Worksheet:

## Log Exposure Exercises

*Direction: Use this worksheet to record details and outcomes of your exposure exercises.*

Fear Faced	Date & Time	What did I do?	How Did it Go?	Aced it or not?