

ERP Symptom Monitoring Worksheet

Date and Time	Situation (Where I am, What I am Doing, What is Going on Around me)	Obsessional Thought/ Image/ Impulse (That gives distress and urge to carry out compulsions)	Distress Level (0= not at all distress, 10= the most distress you have been)	Compulsive activity (Describe what you did to feel better/ less distressed)	Time Spent (Undertaking Compulsive Activity)	What made you stop doing the Compulsive activity (eg. When reached a certain number or when it felt right)