

# Module 4 — Exposure-Based CBT for Anxiety (incl. ERP for OCD)

Functional assessment · SUDS hierarchy · expectancy exposure log · ERP · outcomes

Blank worksheets for printing — a teaching aid for supervised skill practice, not a validated instrument.

## Functional Assessment

Map feared situations, predictions, avoidance, and safety behaviors. SUDS = 0-100.

Feared situations & predictions

| Feared situation / stimulus / thought | Feared outcome (specific prediction) | SUDS 0-100 |
|---------------------------------------|--------------------------------------|------------|
|                                       |                                      |            |
|                                       |                                      |            |
|                                       |                                      |            |
|                                       |                                      |            |
|                                       |                                      |            |
|                                       |                                      |            |

Avoidance & safety behaviors

| What the client avoids | Safety behavior / crutch used |
|------------------------|-------------------------------|
|                        |                               |
|                        |                               |
|                        |                               |
|                        |                               |
|                        |                               |

Feared body sensations (interoceptive)

| Feared sensation | How it could be induced | SUDS 0-100 |
|------------------|-------------------------|------------|
|                  |                         |            |
|                  |                         |            |
|                  |                         |            |
|                  |                         |            |

## Exposure Hierarchy

List exposure tasks with anticipated SUDS (0-100) and the safety behaviors to drop.

| Exposure task | Type (in vivo/imaginal/interceptive/VR) | SUDS 0-100 | Safety behavior to drop |
|---------------|-----------------------------------------|------------|-------------------------|
|               |                                         |            |                         |
|               |                                         |            |                         |
|               |                                         |            |                         |
|               |                                         |            |                         |
|               |                                         |            |                         |
|               |                                         |            |                         |
|               |                                         |            |                         |
|               |                                         |            |                         |
|               |                                         |            |                         |
|               |                                         |            |                         |

## Exposure Practice Record (inhibitory learning)

Set each exposure up as a test of a prediction; complete before and after.

Exposure #1

Date \_\_\_\_\_ Exposure task \_\_\_\_\_

---

Prediction (what you feared)

---

Expected likelihood \_\_\_\_\_% Peak SUDS \_\_\_\_\_

What actually happened

---

What I learned

---

Exposure #2

Date \_\_\_\_\_ Exposure task \_\_\_\_\_

---

Prediction (what you feared)

---

Expected likelihood \_\_\_\_\_% Peak SUDS \_\_\_\_\_

What actually happened

---

What I learned

---

Exposure #3

Date \_\_\_\_\_ Exposure task

---

Prediction (what you feared)

---

Expected likelihood \_\_\_\_\_ % Peak SUDS \_\_\_\_\_

What actually happened

---

What I learned

---

Exposure #4

Date \_\_\_\_\_ Exposure task

---

Prediction (what you feared)

---

Expected likelihood \_\_\_\_\_ % Peak SUDS \_\_\_\_\_

What actually happened

---

What I learned

---

## ERP Plan (OCD)

Map trigger → obsession → compulsion → response-prevention plan. Watch for covert mental rituals.

ERP target #1

Trigger \_\_\_\_\_ SUDS \_\_\_\_\_

Obsession & feared outcome

---

Compulsion (incl. mental rituals)

---

Response-prevention plan

---

ERP target #2

Trigger \_\_\_\_\_ SUDS \_\_\_\_\_

Obsession & feared outcome

---

Compulsion (incl. mental rituals)

---

Response-prevention plan

---

ERP target #3

Trigger \_\_\_\_\_ SUDS \_\_\_\_\_

Obsession & feared outcome

---

Compulsion (incl. mental rituals)

---

Response-prevention plan

---

ERP target #4

Trigger \_\_\_\_\_ SUDS \_\_\_\_\_

Obsession & feared outcome

---

Compulsion (incl. mental rituals)

---

Response-prevention plan

---

## Goals & Outcomes

Set a functional goal, scale it, and track a repeated severity measure.

### SMART goal

Specific — what exactly will happen?

---

Measurable — how will you know?

---

Achievable — realistic next step?

---

Relevant — why it matters / which value?

---

Time-bound — by when / how often?

---

### Goal Attainment Scaling (GAS)

Goal name

