My ERP ladder

Exposure steps, from manageable to hardest.

Name _____ Date _____

For each step, write what you will face and what you will not do afterwards. Rate how distressing it would be if you did it without any compulsion: 0 (none) to 100 (the worst imaginable).

Step	What I will face	What I will not do afterwards	Distress (0 to 100)
8 (hardest)			
7			
6			
5			
4			
3			
2			
1 (easiest)			

Begin with a step rated around 30 to 50. Practise it every day until the distress has roughly halved, then move up.

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