Response prevention plan

Decide in advance what you will do when the urge comes.

Name _____ Date _____

When I feel the urge to...	Instead I will...	I will know it is working when...

Getting through the urge

- [ ] Label it: "This is an OCD urge, not a real emergency"
- [ ] Rate it from 0 to 10 and watch the number change
- [ ] Delay: "I will wait 15 minutes and decide then"
- [ ] Carry on with what I was doing, with the feeling still there
- [ ] Remind myself why I am doing this

What I will say to myself

If I slip and do the compulsion, I will... (for example: "undo" it by touching the thing again, and start again without criticising myself)

People who know my plan, and what I have asked them to do

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.