

## Response Prevention Plan

Amanda Petrik-Gardner, LCPC

[www.amandalcpc.com](http://www.amandalcpc.com)

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Target Fear/Obsession: \_\_\_\_\_

**1.) During my planned exposure time:**

When my fear/obsession tells me to: \_\_\_\_\_

I will do this instead: \_\_\_\_\_

**2.) During an unplanned exposure time:**

When my fear/obsession tells me to: \_\_\_\_\_

I will do this instead: \_\_\_\_\_

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