

ERP Therapy Reward Chart

Instructions:

- Fill in the point value boxes and the reward boxes. You can use whatever values work best for your child. I use 1, 2, 3 because of my child's impulsivity. I only offer one reward because of my child's distractibility. The rewards I offer are 1 point = a piece of candy, 2 points = 10 minutes extra before bedtime, 3 points = 15 minutes of an extra activity (i.e. xBox, game, playing with toys, etc).
- If you choose to use the "Other" field, then fill that in. This is where you would input a big reward for a big goal. This can be up to you. It might be when the sheet is filled up or when so many points (unused or used) are acquired. If you choose not to use this field, then leave blank.
- As your child completes an ERP therapy exercise, then fill in the chart with the date, compulsion, duration of how long it took for the anxiety levels to come down, the level of anxiety at the beginning of the exercise, the level of anxiety when the need to do compulsion passed, points earned, and mark if rewarded or not. If rewarded, then point value goes back to what it was before at the next exercise, if not rewarded then it adds up. For example, child completes compulsion and gets 1 point, they do not want the reward to save their points. Next time they complete compulsion they are at 2 points. Or if the child wants the reward, then next time they complete a compulsion, they are back to 1 point.
- For the anxiety levels, I like to keep it simple and kid-friendly. I use 1 - no anxiety, 2 - a little anxiety, 3 - moderate anxiety, 4 - a lot of anxiety, and 5 - extreme anxiety. However, if you are using another scoring method for anxiety, stick with that.

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Points and Rewards

pt =

pt =

pt =

Other:

Date	Compulsion	Duration	Beginning Anxiety	Ending Anxiety	Points Earned	Reward