# What is Exposure Response Prevention (ERP)?

- ERP is a behavioral therapy used in the treatment of Obessive Compulsive Disorder (OCD).

- The "E" in ERP stands for Exposure. This refers to the process of exposing oneself to thoughts, images, objects, sounds, places, etc. that bring about obsessions and distress.

- The "RP" in ERP stands for Response Prevention. This refers to the choice an individual makes to not engage in compulsions after being exposed to their triggers.

- The goal of ERP is to help an individual decrease their avoidance of triggers and decrease their compulsions related to their obsessions.

- ERP is about shifting your mindset away from needing to get rid of anxiety or avoid anxiety and instead focusing on accepting the presence of anxiety AND living a values based life anyway.