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"Every time you engage in a behavior specifically designed to avoid some negative personal pain, you start the same set of reactions... You are likely to feel an immediate sense of relief from not having to deal with the painful thought, feeling, or bodily sensation. The sense of relief you gain reinforces your desire to use the same strategy the next time you are faced with the possibility of having to cope with your pain."

- How has avoidance affected your life?
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"The goal of willingness is not to feel better, but to open up to the vitality of the moment and commit to the feelings that support what you value."

- What fears come up around acceptance?