

In-Person Relapse Prevention Group Discussion Questions

May 2026 | River City OCD Clinic

From Schwartz's *No Bad Parts*:

"Going to war against (coercing, harshly punishing, or shaming, for example) any social problem sets in motion reinforcing feedback loops that have the potential to destroy the system, because they escalate over time and drain the system's resources. This is true in the inner world, as well. Going to war against protector parts only makes them stronger. Listening to them and loving them, however, helps them heal and transform."

- If you view OCD or perfectionism as a protector part, what do you think it's trying to protect you from?
 - How does understanding its intention change the way you respond to it during flare-ups?
 - The quote emphasizes loving these parts rather than fighting them. In moments when symptoms spike, what helps you respond with compassion instead of frustration or self-criticism?
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From Hayes' *A Liberated Mind*:

"We follow rules so strictly that we never deviate even when they are making our problems worse... Sometimes our rules are helpful, but the problem-solving mind does not know when to stop, and even if it did, it does not know how."

- What are some internal rules your mind still tries to enforce (e.g., "I have to be certain," "I can't make mistakes," "I need to feel okay before I act")?
 - How do you recognize when those rules are starting to take over again?
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From Follette's *Finding Life Beyond Trauma*:

"Trauma can lead us to question who we really are... A common consequence... is feeling detached from one's experience... This may be very protective and adaptive... but may become maladaptive when continued over time."

Just as trauma can shape identity, OCD and perfectionism can also influence how we see ourselves.

- At any point in your life, did you start to feel like OCD or anxiety defined who you are? What did that look like?
- If OCD or anxiety is something you *experience* rather than *who you are*, what parts of your identity have become clearer or stronger in recovery?
 - How do you continue to build that identity over time?

For group discussion only. Please review at your own pace—there's no need to prepare "perfect" answers.