

Online Relapse Prevention Group Discussion Questions

September 2026 | River City OCD Clinic

An excerpt from *Catching the Big Fish*, by David Lynch:

"You can understand conflict, but you don't have to live in it. Let your characters do the suffering."

- Lynch challenges the assumption that an artist needs suffering in order to create meaningful work.
 - Are there ways you've treated anxiety, worry, guilt, self-criticism, or perfectionism as though they were necessary for you to be responsible, successful, safe, or a good person?
 - Has recovery changed that belief?
 - Lynch argues elsewhere in this section that excessive suffering restricts creativity and enjoyment.
 - As OCD or perfectionism has occupied less space in your life, what has that freed you to put more energy into?
 - What would you like to make even more room for now?
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An excerpt from Phillipson's *I Think It Moved*:

"Are you living in the choice or the experience? Living in the experience implies using one's feelings to gain insight into the justification of continuing."

- OCD and perfectionism can turn internal experiences into information: "*If I feel anxious, something must be wrong,*" "*If this doesn't feel right, I shouldn't do it,*" or "*If I'm still bothered by this, I haven't resolved it.*"
 - What are some ways you notice yourself still using how you feel as evidence for what you should do?
 - Are there things in your life that you once believed required a particular feeling first (e.g., certainty, confidence, motivation, readiness, attraction, safety, or a sense of "rightness")?
 - What have you learned about acting without waiting for that feeling to arrive?
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An excerpt from Mazza's *The ACT Workbook for OCD*:

"Being bold is about taking the risk anyway in the service of your values. But to practice being bold and taking risks, you have to be willing to be vulnerable and feel uncomfortable."

- At some point, recovery becomes about more than doing something because "it's good exposure therapy."
 - What are some risks you're willing to take now simply because the experience, relationship, opportunity, or value on the other side matters to you?
- If maintaining recovery isn't only about preventing yourself from going backward, but also about continuing to expand your life, where might your next opportunity for growth be?
 - What is something you'd like to move toward even though your mind can still give you plenty of reasons to play it safe?

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