

# In-Person Relapse Prevention Group Discussion Questions

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## From the Arbing Institute's *The Anatomy of Peace*:

We must notice "...it is not just the sense of what to do but the *desire* to do it that's at issue. That desire has to come from within... Act upon what you have discovered, and then do what you are feeling you should do."

- Knowledge vs. Action
    - You know a great deal more about OCD, perfectionism, or anxiety than you did before treatment. Looking at your recovery today, what is something you already know you need to do, but your brain still tries to talk you out of doing?
    - How do you distinguish between the voice of OCD and the quieter voice that points you toward the life you actually want to live?
  - The quote suggests that discovery isn't enough; we have to *act* on what we've learned. Can you think of a recent situation where you chose a recovery behavior even though you didn't *feel* ready or confident?
    - What did that experience teach you?
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## From *Acceptance & Commitment Therapy for Depression in Veterans* by Walser, Sears, Chartier, & Karlin:

"Avoidance activities often grow out of an individual's response to cultural notions that negative thoughts and feelings are problematic. These negative experiences are a 'sign' that something is wrong or broken and they need to be fixed or changed in order to be normal. Avoidance often manifests as problematic control."

- If recovery is no longer about controlling thoughts and feelings, what is it about for you now?
  - What behaviors or daily practices help you stay focused on living your life rather than managing your internal experiences?
  - What helps you remember that discomfort doesn't necessarily mean something is wrong?
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## General Recovery Questions:

- One sign of recovery is spending less time managing OCD and more time living your life. Looking over the past year, what activities, relationships, or interests has recovery given back to you?
  - Is there anything you're still hoping to reclaim?
- Imagine you could go back and talk to yourself on the day you started treatment. Based on what you've learned, what would you tell yourself that would give you hope about what recovery really looks like?

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