

Online Relapse Prevention Group Discussion Questions

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General Questions:

According to Sigmund Freud, our ability to love, work, and play are the three most important things in life.

- Why is “play” important?
 - Can it have a role in your OCD recovery? If so, how?
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An excerpt from Quinlan’s *The Self-Compassion Workbook for OCD*:

“Connecting with your compassionate self involves making a radical commitment to unconditionally supporting yourself as you move through your ERP steps and eradicating all forms of self-criticism as your discomfort rises and falls (which it will). Your compassionate self recognizes that you deserve self-compassion, no matter what intrusive thought, image, feeling, sensation, or urge you experience. Your compassionate self is ready to support you no matter how much anticipatory anxiety or uncertainty you experience or how successful or unsuccessful you are at practicing [self-compassion-ERP].”

- Recovery isn't measured by having perfect weeks, but by how we respond when things get difficult. When you've had a recent increase in symptoms or a lapse in using your skills, what helped you *support* yourself instead of *criticizing* yourself?
 - The quote emphasizes offering yourself compassion regardless of how “*successful*” you were. How has your definition of success in recovery changed since completing active treatment?
 - What does a “*successful*” week look like now?
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From Cash’s *The Body Image Workbook*:

“Acceptance means recognizing that your experiences are merely inner events... When you think or feel that you're ‘*ugly*’ or ‘*fat*’ or physically ‘*unacceptable*,’ you judge these experiences as a valid indictment of your body and your self-worth. Of course, they are only thoughts and feelings. They are not evidence of any truth.”

- OCD, perfectionism, and anxiety often try to convince us that our thoughts or feelings say something important about who we are. What helps you remember that an intrusive thought, a wave of anxiety, or a moment of self-doubt is something you *experience*, not something you *are*?
 - One of the biggest shifts in recovery is learning that thoughts and feelings are *experiences*, not *facts*. Looking back over your recovery, how has your relationship with difficult thoughts changed?
 - Can you think of a recent example where you noticed a thought without treating it as evidence?
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For group discussion only. Please review at your own pace—there’s no need to prepare “perfect” answers.