In-Person Relapse Prevention Group Discussion Questions

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From Brittany Goff's *I-CBT Workbook*:

"Most of the day, you aren't even thinking about the trust you have in your senses. You just have it. And part of that is trusting when our senses are quiet and not telling us that something is wrong."

- OCD often demands that we keep looking, checking, reviewing, or analyzing even when our senses aren't actually detecting a problem. Since treatment, how have you gotten better at **allowing the absence of evidence to simply be the absence of evidence**, rather than treating it as a reason to investigate further?

- The workbook points out that we ordinarily trust our senses automatically, without consciously trying to establish that they're trustworthy. Where do you still notice OCD or perfectionism tempting you to put in **"extra effort"** to know something that you would ordinarily just accept and move on from?

From *The OCD Workbook for Teens* by Jon Hershfield:

"Your brain interprets reassurance as evidence that there is doubt, that you need to be reminded you're okay because you aren't sure you're okay, and this doubt makes the obsessions seem even more important. If you want to feel confident in your assertion that these unwanted thoughts and feelings are just OCD junk to dismiss, you have to stop sending the signal to your brain that you need to be reminded you're okay."

- What is the difference between **being confident that you can handle uncertainty** and **being confident that the outcome you fear won't happen**?
    - How has your understanding of confidence changed through treatment?

- Hershfield makes the somewhat counterintuitive argument that repeatedly asking others to reassure us can actually make us **less confident in ourselves**. Looking back over your recovery, how has *not* getting an answer or reassurance sometimes helped you develop greater trust in your own ability to handle uncertainty?
    - Where does confidence actually come from?

From the *Psychology Today (Oct. 2026)* article, "Why Letting Go Leads to Fulfillment," by Jordan Grumet, M.D.:

"Happiness isn't about reaching a final destination but creating a life of meaning and fulfillment even as we pursue goals. So stop chasing and start focusing on the things that will truly raise your happiness level."

- OCD and perfectionism can turn life into an endless project of trying to get from a 6 or 7 to a perfect 10. Where have you become better at allowing something to be good enough—and actually enjoying it—rather than immediately looking for what still needs to be fixed or improved?

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