Online Relapse Prevention Group Discussion Questions
November 2026 | River City OCD Clinic

An excerpt from *The Mindfulness & Acceptance Workbook for Social Anxiety & Shyness*, by Fleming & friends:

"In a similar vein, have you noticed that just when it seems most important to you to control your anxiety in your feared social situations is when it's most difficult? As discussed earlier in the book, an alternative to controlling and resisting feelings is to accept them."

- How do you distinguish between accepting what you're experiencing and resigning yourself to it?
    - Can you think of a situation in which acceptance actually allowed you to respond more effectively?

It's understandable to become increasingly invested in maintaining our recovery or preventing symptoms from returning.

- Have you ever noticed yourself approaching recovery with the same urgency or need for control that previously characterized your anxiety?
    - How might practicing acceptance change your relationship with the possibility of setbacks?

An excerpt from *Meditations* by Marcus Aurelius:

"You have to assemble your life yourself—action by action. And be satisfied if each one achieves its goal, as far as it can. No one can keep that from happening."

Marcus Aurelius suggests being satisfied when an action achieves its goal as far as circumstances allow.

- What makes it difficult for you to recognize when you've done enough, particularly when uncertainty remains or things haven't turned out exactly as you hoped?

- How do you distinguish between healthy persistence and perfectionistic striving?

An excerpt from *The Big Book of Exposures* by Springer & Tolin:

"Second, and perhaps more critical, is the fact that low-grade exposures teach a message of conditional safety."

- Have you ever completed an exposure or faced a feared situation, only to realize afterward that you were still relying on certain compulsions or expectations to get through it?
    - How did you recognize that distinction, and what did it teach you about the difference between confronting a fear and genuinely changing your relationship with it?

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