

In-Person Relapse Prevention Group Discussion Questions

September 2026 | River City OCD Clinic

From Thich Nhat Hanh's *The Art of Living*:

"Nothing is ever lost."

Hanh uses the image of a cloud: when a cloud disappears from the sky, it hasn't ceased to exist; it has changed form.

- Think about something that once had significant power over you—an intrusive thought, trigger, uncertainty, mistake, or uncomfortable emotion. It may not be completely "gone," but what has changed about your relationship with it?
 - During a flare-up, an old thought or feeling can sometimes create the impression that you're "back where you started." What helps you recognize the difference between an old experience returning and actually losing your recovery progress?
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From *Overcoming Body-Focused Repetitive Behaviors* by Charles Mansueto & Friends:

"Accepting the reality that this is not a simple problem, and that it is unlikely to yield to a simple solution, will allow you to acquire more realistic expectations. These, in turn, will help you to be patient and persistent in your efforts, even when the inevitable setbacks occur."

- The authors emphasize being patient and persistent when setbacks inevitably occur. When symptoms or old habits reappear, what helps you interpret that experience as something to work through rather than evidence that treatment has failed?
 - Mansueto also encourages recognizing and celebrating small successes. What kinds of progress do you notice now that you might have overlooked earlier in treatment, and how does acknowledging those gains help you stay engaged in recovery?
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From *Freedom from Obsessive-Compulsive Disorder* by Jonathan Grayson:

"There is no such thing as a perfect decision. There are only choices to make, and your task is to make your choice and learn to cope with the consequences."

- If you can no longer judge a decision solely by whether it produces the outcome you hoped for, what makes a decision good enough?
 - Every meaningful choice closes off other possibilities. How well are you able to let yourself wonder "*What if I had chosen differently?*" without turning that question into rumination, checking, comparison, or regret?
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For group discussion only. Please review at your own pace—there's no need to prepare "perfect" answers.