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

An excerpt from *The Family Guide to Getting Over OCD*, by Abramowitz & friends:

"Don't expect perfection and success all of the time. Recognize and reward even small gains and setbacks will happen."

- During treatment, many of us learned that the people who care about us can sometimes unintentionally reinforce OCD through reassurance or accommodation. How has your understanding of helpful support changed since treatment?
    - What do you want friends, partners, or family members to do when they notice you struggling with old patterns?

An excerpt from *Mind and Emotions* by McKay, Fanning & Zurita Ona:

"Why do it right when I can do it right now?"

The authors use this question to illustrate *short-term focus*: the tendency to prioritize immediate emotional relief over longer-term goals, relationships, and well-being. They describe how avoidance can temporarily reduce anxiety while maintaining problems over time.

- Many behaviors that look like healthy coping can also function as avoidance, depending on why we're doing them.
    - How do you distinguish between taking care of yourself and trying to escape an uncomfortable thought or feeling?
- What helps you remember the bigger picture and make decisions based on what matters to you rather than what promises the quickest relief?

The Many Costumes of OCD:

- Imagine your OCD or perfectionism showed up at a Halloween party wearing a costume. What would it be dressed as, and why?
- OCD can change its appearance over time, sometimes disguising itself as responsibility, caution, kindness, or even self-improvement. What new costumes has your OCD tried on since starting treatment?
    - How have you learned to recognize it even when it shows up looking different than it used to?
- If Halloween gives us permission to become someone different for a night, recovery gives us opportunities to choose who we want to become in everyday life. What is one way you've started showing up as the person you want to be rather than the person OCD or perfectionism tells you that you must be?

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