

Online Relapse Prevention Group Discussion Questions

May 2026 | River City OCD Clinic

An excerpt from *Everyday Mindfulness for OCD* by Hershfield & Nicely:

"Mindfulness keeps us from fusing with our thoughts and feelings... it allows us to step back and see them for what they are...If we can position ourselves as *observers*, rather than *victims*, of the mind, we immediately have the upper hand over OCD."

- In your current stage of recovery, how do you notice the difference between being an *observer* of your mind versus feeling like a *victim* of it?
 - What helps you shift back into that observer stance when things get intense?
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An excerpt from Russ Harris' book, *The Happiness Trap*:

"Ruminating, worrying, and obsessing are all forms of ineffective problem-solving...It's like a car stuck in the sand: the engine's on full throttle, the wheels are spinning wildly—but the car is going nowhere."

The quote suggests that rumination offers *short-term payoffs* (like avoiding discomfort or feeling productive).

- Which of these payoffs still hooks you the most?
 - How do you respond differently now than you did earlier in treatment?
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From *The Mindful Self-Compassion Workbook* by Kristin Neff & Christopher Germer:

"If we can learn to become mindfully aware of our emotions, we can dissolve the super glue bonding us to our emotions and gain more emotional freedom."

- What helps you create space from intense emotions instead of being pulled along by them? In other words, What are some ways you've learned to experience emotions now without letting them dictate your behavior?
 - When you struggle or have a setback, what helps you respond to yourself with **kindness** instead of criticism?
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For group discussion only. Please review at your own pace—there's no need to prepare "perfect" answers.