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COPING WITH SLIPS AND RELAPSE PREVENTION



Create Your Personal OCD Recovery Maintenance Plan



Disclosures

- Jon is the author of *Freedom from Obsessive-Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty, Updated Edition*
- Shala as an associate counselor is under the direction and supervision of Jennifer Vann, LMFT and Kathleen McKinney Clark, LPC



Today's Agenda



With role plays, stories, and activities along the way....

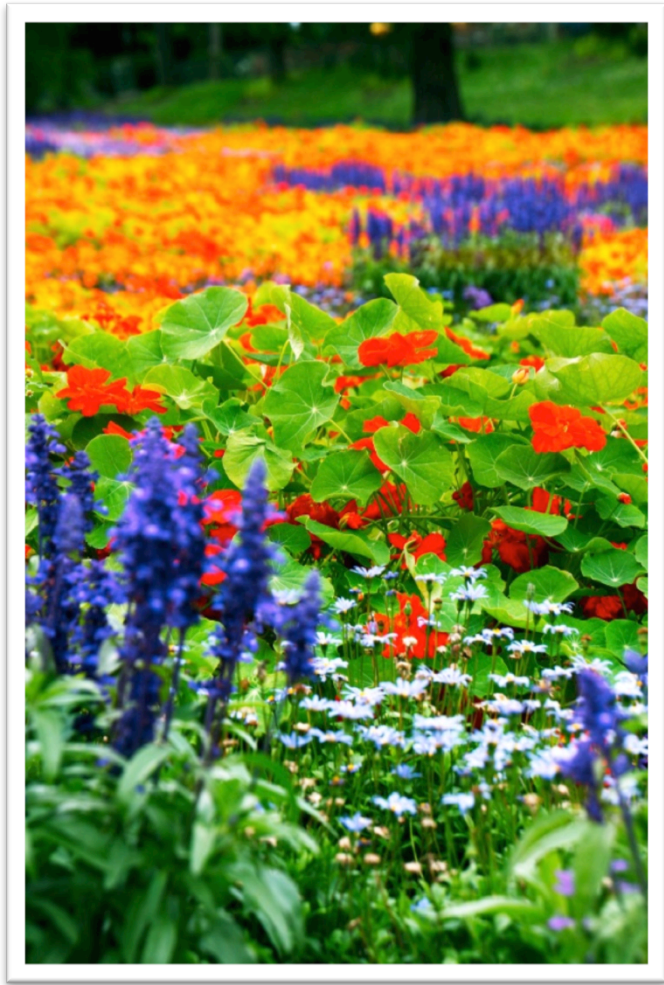




LET'S TALK ABOUT SLIPS



Maintaining your OCD recovery



Slips aren't the problem....



...it's the magnitude that's the problem.



What are slips?



Two paths to a slip





IDENTIFYING TRIGGERING EVENTS



Purpose of a maintenance program

- To reduce the frequency of slips
- To cope well with them when they occur
- To make this happen
 - Identify the triggers that lead to slips
 - Implement ways to cope



Identifying trigger dimensions

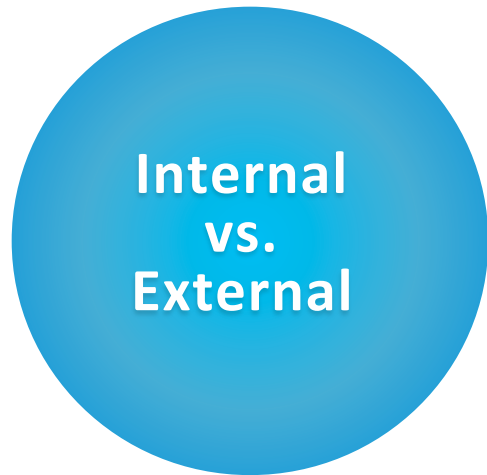
**Internal
vs.
External**

**Controllable
vs.
Uncontrollable**

**Predictable
vs.
Unpredictable**



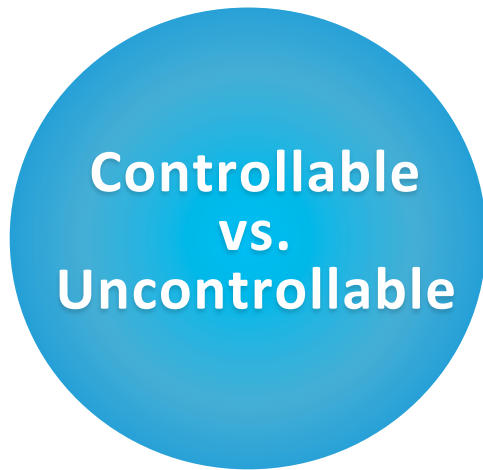
Identifying trigger dimensions



- Internal
 - Emotions
 - PMS, injuries, illness
 - Being too tired
 - Meds
- External
 - New job, promotion
 - New relationship
 - Finances/housing
 - OCD Hierarchy items



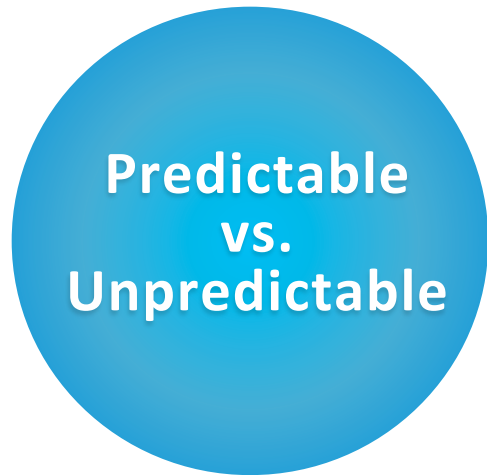
Identifying trigger dimensions



- **Controllable**
 - Being too tired
 - Social anxiety
 - Being unassertive
 - Some relationship issues
- **Uncontrollable**
 - PMS, illness, injury
 - Some relationship issues
 - Death of a loved one



Identifying trigger dimensions



- Predictable
 - Chronic illness flare up, PMS
 - A new baby
 - Visits
 - Being near certain past triggers
- Unpredictable
 - Accidents
 - Illnesses
 - Other people
 - Death of a loved one



Identifying triggers/dimensions using your trigger sheet

Time	Red Flags (events, stresses, etc)	Int/ Ext	Contr/ Uncon	Pred/ Unpr	





OUR TOP 10 TIPS FOR COPING



#1 EXPECT IT



One thing we can be certain of: slips are going to happen. —



#2 WANT IT



“Bring it on, baby!” Treat recovery like a game. —

Thanks to Reid Wilson, Ph.D. for this and the next tip....

#3 ACT LIKE THE OCD CONTENT IS IRRELEVANT



70 categories of content,
1 type of therapy

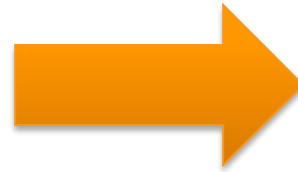
Thanks to Reid Wilson, Ph.D. for this tip



#3 ACT LIKE THE OCD CONTENT IS IRRELEVANT



**#4 KNOW THERE'S NOT MUCH DISTANCE
BETWEEN A LITTLE SLIP AND A BIG PROBLEM..**



Give OCD an inch, it will take a mile. —



#5 ...BUT DON'T EXPECT TO BE PERFECT



Being self-compassionate will help you accept your slips and stick to your recovery plan.



#6 USE “MAY OR MAY NOT” OFTEN



Mental compulsions are insidious. Don't let them get started. —
Think about how you'd cope in a positive way if the worst happened.



#7 TAKING YOUR LIFE BACK FROM OCD IS ABOUT LIVING WITH UNCERTAINTY AND BEING HAPPY ANYWAY



Trust me...you can't do a proactive exposure on everything OCD will come up with

**#8 LEARN MINDFULNESS.
IT'S ALL IT'S CRACKED UP TO BE.**

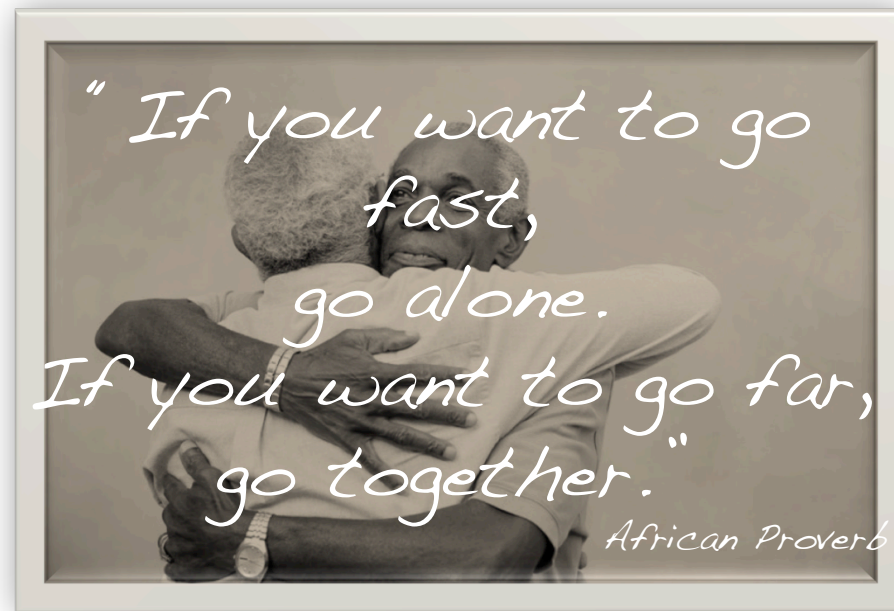


Break the connection between past thoughts/feelings and OCD. ▬
And be here in your life.

Thanks to Jon Hershfield, MFT and Tom Corboy, MFT for this tip



#9 BUILD A SUPPORT NETWORK



It can be a group, a friend(s), or family. —
And helping others will help you!



#10 BUILD A LIFE YOU WANT TO LIVE



#10 REMEMBER YOUR GREATER GOOD AND BUILD A LIFE YOU WANT TO LIVE



Make your symptom-free life better
than one with OCD!

Thanks to Jeff Bell for the tip on Greater Good





CREATING YOUR RELAPSE PREVENTION PLAN



SAMPLE

TRIGGER SHEET FOR IDENTIFYING AND PLANNING FOR RED FLAGS

Time	Red Flags (events, stresses, etc)	Int/ Ext	Contr/ Uncon	Pred/ Unpr	Coping Plan (exposure, red dots, etc)
8 am	<i>caught off guard by morning news</i>	<i>e</i>	<i>c</i>	<i>p</i>	<i>red dot on TV, make sure to watch</i>
10:30	<i>at work people discussing a shooting on the news</i>	<i>e</i>	<i>u</i>	<i>u</i>	<i>make a point of bringing up subject first</i>
5:15	<i>driving home, violent thoughts while driving</i>	<i>i</i>	<i>u</i>	<i>u</i>	<i>keep a loop tape in car ; play it while driving this week</i>
--	<i>violent thoughts</i>	<i>i</i>	<i>u</i>	<i>u</i>	<i>carry a pen knife all the time</i>
-	<i>violent thoughts</i>	<i>i</i>	<i>u</i>	<i>u</i>	<i>red dots to remind to do "mini" exposures</i>
8:00	<i>Man coughing behind me in movie theater</i>	<i>e</i>	<i>c</i>	<i>u?</i>	<i>prepare self before going out, quickly contaminate self afterward</i>
8:00	<i>Man coughing behind me in movie theater</i>	<i>e</i>	<i>c</i>	<i>u?</i>	<i>have Jeff to remind me to do exposure if he notices my discomfort</i>
--	<i>devil thoughts as Halloween approaches</i>	<i>e</i>	<i>u</i>	<i>p</i>	<i>decorate house, exposure tape, movies starting Oct 1</i>
--	<i>more vulnerable when stay up late watching Leno</i>	<i>i</i>	<i>c</i>	<i>p</i>	<i>don't watch evening news, listen to radio and read in bed</i>

Completing your trigger sheet

TRIGGER SHEET FOR IDENTIFYING AND PLANNING FOR RED FLAGS

Time	Red Flags (events, stresses, etc)	Int/ Ext	Contr/ Uncon	Pred/ Unpr	Coping Plan (exposure, red dots, etc)



Resources

- *Freedom from Obsessive-Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty, Updated Edition* by Jonathan Grayson, Ph.D.
- *The Mindfulness Workbook for OCD* by Jonathan Hershfield, MFT and Tom Corboy, MFT
- *Don't Panic, Third Edition* by Reid Wilson, Ph.D.
- *When in Doubt, Make Belief: An OCD-Inspired Approach to Living with Uncertainty* by Jeff Bell






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