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REGAINING YOUR BALANCE WHEN SLIPPING, SLIDING AND BACKSLIDING

How to Create an OCD Maintenance/ Recovery Plan



Disclosures

- Jon is the author of *Freedom from Obsessive-Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty, Updated Edition*
 - Shala is the co-author with Jon Hershfield, MFT of *Everyday Mindfulness for OCD*, coming out in 2017.
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Today's Agenda





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
vs.
External

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

Identifying trigger dimensions

Controllable
vs.
Uncontrollable

- 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
vs.
Unpredictable

- 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 **NEW** TOP 10 TIPS FOR COPING



#1 INVITE OCD ALONG





#1 INVITE OCD ALONG



Personify your OCD as something manageable.

Then invite it along. Because like an annoying little sibling,

It's going to be there.

#1 INVITE OCD ALONG



This doesn't mean your OCD won't sometimes be terrifying...

#1 INVITE OCD ALONG



But it's easier to invite it along if
you picture it as being cute and manageable.

#2 USE IMAGINAL EXPOSURE

Thank you for the opportunity to practice, OCD. I may or may not have killed someone with the VW courtesy car.

I may or may not get my Bug fixed.

Beetle



Imaginal exposure “scripting” interferes with mental ritualizing.

It also plays up the anxiety and uncertainty.

Don't just do in vivo ERP...add imaginal, too!

#3 SHOULDERS BACK



#3 SHOULDERS BACK



#3 SHOULDERS BACK



People may or may not be mad at you, not like you, etc...

Don't act like that content matters.

Do some ERP and put your shoulders back instead.

#4 MONITOR YOUR SYMPTOMS



Use your Trigger Sheet
and think about

- Frequency
- Intensity
- Duration

of your symptoms.

If any of one of these is trending upward,

You know what to do...

Time for some proactive ERP.

#5 FIGURE OUT WHY YOU WANT TO GET BETTER



Your Greater Good is your guiding light.

Use it to motivate you to do the hard work of ERP.

“I’m willing to sit with this anxiety because _____”

#6 GETTING BETTER IS A FUNCTION OF ATTITUDE

YOU + YOUR ANXIETY
AND
DISCOMFORT =

friends

Stop thinking of anxiety/discomfort as the enemy!

They are not going to kill you.

Welcome them, and take power from OCD.

#7 REMEMBER THE CHINESE FARMER



You can't judge things as "good" or "bad" at the time.

Want proof? Do a lifelong gratitude list...

...and see what "bad" things are on it.

#8 REMEMBER THAT CONTROL IS AN ILLUSION



There are only two guarantees in life.

Peace doesn't come from having control.

It comes from accepting the uncertainty of having no control.

#9 YOU'RE BETTER PREPARED THAN MOST FOR LIFE



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Account Summary	
Last statement balance	\$10,629.75
New charges	\$2,761.25
Paid by insurance or any adjustments since your last bill	-\$2,605.85
What you paid since your last bill	-\$250.00
Current account balance	\$10,535.15
Charges billed to insurance	0.00
This balance is due on or before 08/03/16	\$10,535.15

OCD treatment is about living with uncertainty.

And being happy anyway.

#10 YOU CAN HAVE A GREAT LIFE, EVEN WITH OCD



Life is not about waiting for the storm (of OCD) to pass.

It's about learning to dance...

...in the rain.



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)




Contact Information

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- Websites:
 - LAOCDTreatment.com
 - FreedomFromOCD.com
 - ShalaNicely.com
 - BeyondTheDoubt.com
- Slides and handouts will be available on www.shalanicely.com/iocdf2016/ and on LAOCDTreatment.com





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 Cobroy, MFT
 - *Stopping the Noise in Your Head* 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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