



# Life After Treatment: Navigating Hidden Traps That Can Sabotage Your Recovery

Jonathan Grayson, PhD, and Shala Nicely, LPC

2019 IOCDF Conference









# #1: Self-punishment as a ritual





# The antidote: self-compassion as ERP

Obsession:  
You are bad



Discomfort from  
being kind to  
oneself



Shame/  
self-  
hatred



ERP: Self-  
compassion






# Develop a self-compassion statement

- Mindful awareness of feelings
  - I'm feeling guilty and frustrated because I ritualized instead of doing exposure.
- Common humanity
  - I bet other people in recovery from OCD don't always do their maintenance exposure perfectly.
- Self-kindness
  - I'm not going to beat myself up. Instead, I'm going to recognize recovery is an imperfect process, and it's ok to mess up every now and then.



(Neff, 2011)



A photograph of a red brick wall. In the center, there is a rectangular board of light-colored wood. To the right of the wood, there are several green, pointed leaves of a plant. The text "Why use self-compassion?" is written in black, sans-serif font on the wooden board.

Why use self-compassion?



## #2: Being overly nice



- Affirmation that I'm still good
- Not good enough to deserve anything so I do what everyone else wants
- Trying to prove to others I'm not bad







# Being overly nice: people pleasing

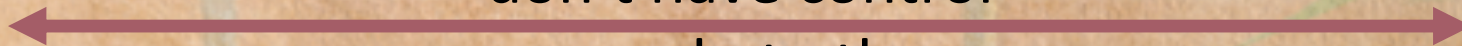
Not caring what  
people think

Accept  
uncertainty you  
don't have control  
over what others  
think, and that's  
ok.

Caring too much  
what people  
think

Disconnected  
from others

People pleasing





Don't ask "how are you?" when you see someone.

Steal candy from babies... 😊

When in a public restroom with others, blatantly don't wash hands

Casually use profanity in public

Don't smile at the grocery store clerk

Interrupt people



Not say "thank you"

Leave a gathering without saying "goodbye"

Don't hold the door for people

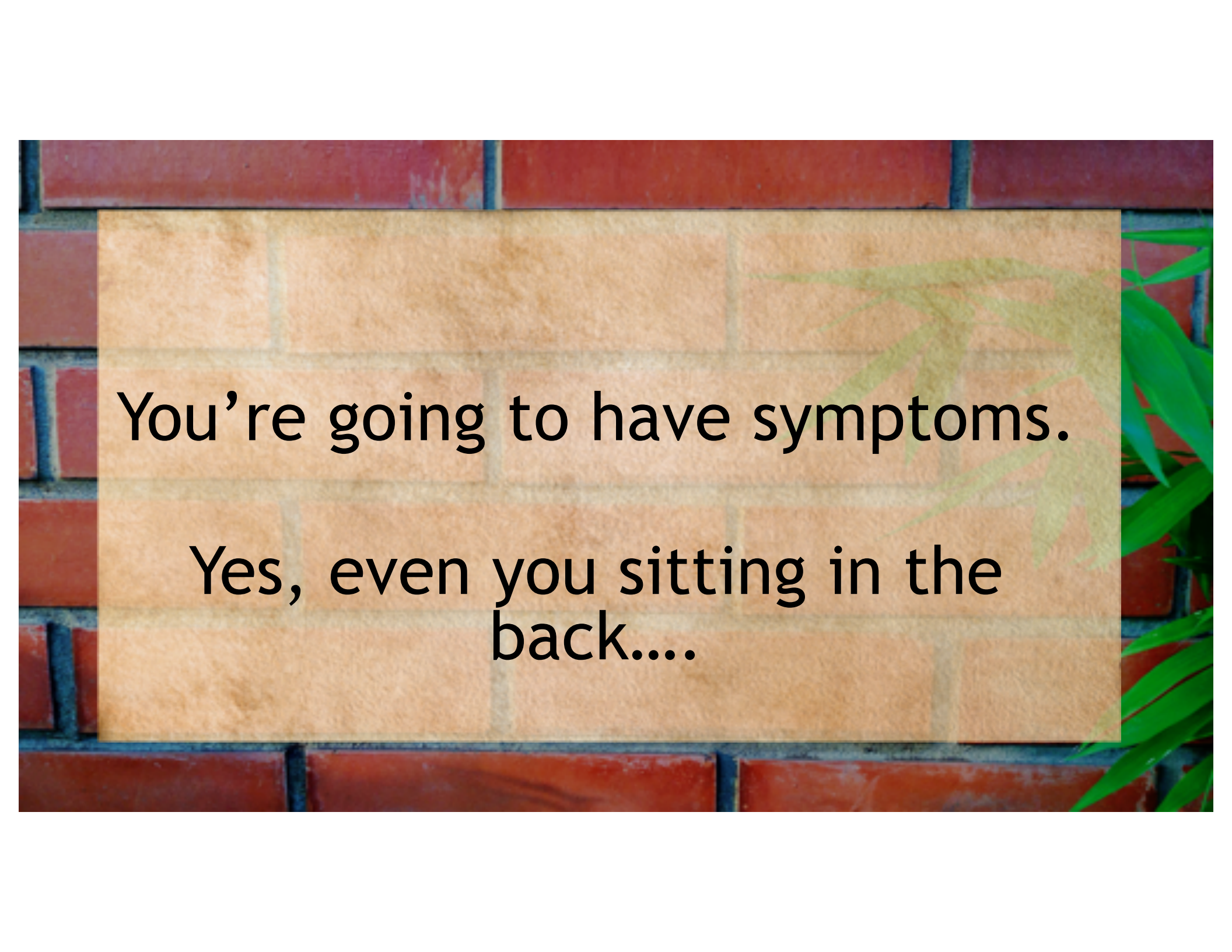
Tip less



### #3: Micro-monitoring your recovery







You're going to have symptoms.

Yes, even you sitting in the  
back....



#4: Afraid of your emotions







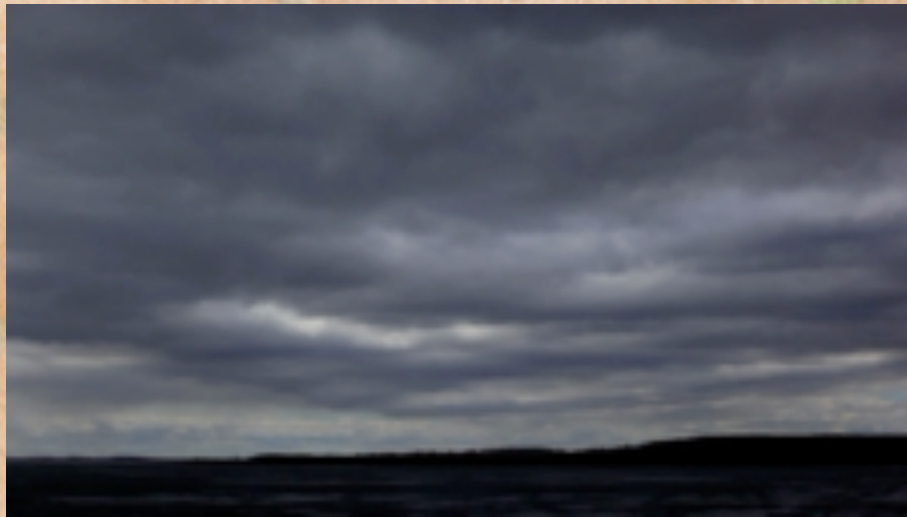






# Self-compassionate care of your emotions!

“I’m feeling \_\_\_\_\_. I can handle feeling like this. My feelings are like the weather, and it’s ok to feel \_\_\_\_\_ right now.”





# Guilt





## #5: Perfectionism

Why do you want to be perfect?



Typos in emailz or  
texts msgs

Take a black marker  
and make a mark on  
something new you  
bought

Put a book in upside down  
on a bookshelf

Clean the dishes  
really quickly (miss  
some spots) and put  
them away.

Don't play as a  
completionist at  
video games

Don't finish chores  
before....[going out,  
having fun...]

Wear mismatched  
socks

Run your hands through your  
hair before leaving without  
looking in a mirror

YOUR IDEAS!

Randomize/  
unorganize closet



#6: The world needs to make sense







Expect the world won't make sense!  
Work on rolling with the punches.



#7: You have a target on your back





Put your shoulders back and act as though you have a great life! Let yourself enjoy!





## #8 BONUS! Excuses to slip

- “I’ll just do it this once.”
- “I’m too upset now to handle exposure right now.”







## Strong Recovery Foundation

- Value and trust yourself
- Feel like you're good enough
- Flexibly manage life
- Develop self-compassion and self-acceptance
- Cultivate emotional stability
- Ability to enjoy the process of life



# Handouts will be on the app!

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Summary Handout

Hidden trap	How do you know if it's affecting you?	How do you address it?	Resources
Self-punishment as a ritual	You beat yourself up constantly, never feeling good about you or anything you do.	Using self-compassion, and remember...it won't feel good for awhile because it's an ERP!	<i>Everyday Mindfulness for OCD</i> by Hershfield and Nicely, ch 2-3.
People pleasing	You excessively ask others for reassurance about everyday things or for their opinions before you make decisions	Put your shoulders back and recognize that you have no control over what others think of you!	<i>Is Fred in the Refrigerator? Taming OCD and Reclaiming My Life</i> , ch 16.



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