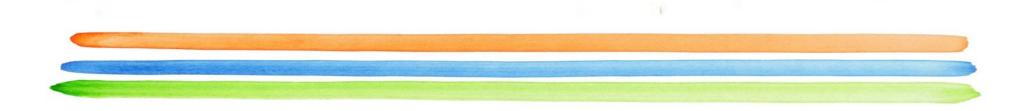
Jonathan Grayson, Ph.D. Shala Nicely, LPC

REGAINING YOUR BALANCE WHEN SLIPPING, SLIDING AND BACKSLIDING

How to Create an OCD Maintenance/ Recovery Plan



- 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.





Let's Talk About Slips

Understanding Triggering Events

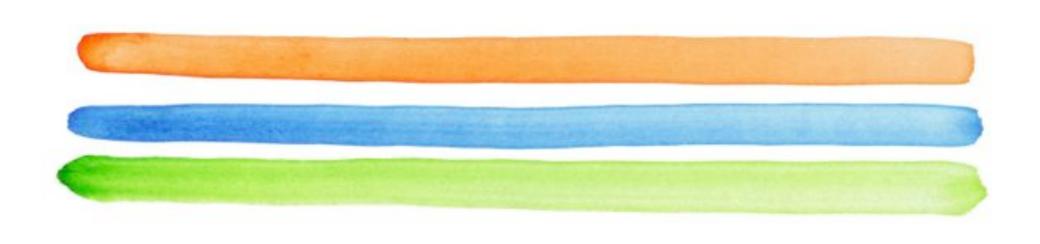
Our NEW Top 10 Tips for Coping

Creating Your Relapse Prevention Plan





LET'S TALK ABOUT SLIPS



Maintaining your OCD recovery





Slips aren't the problem....





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



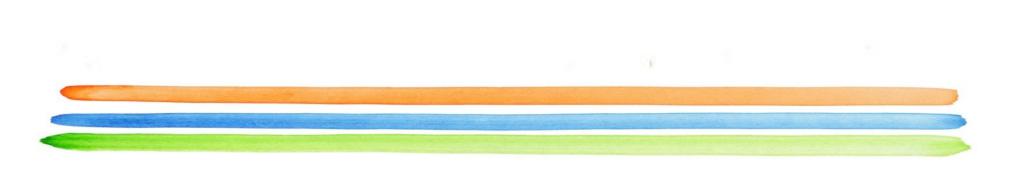
What are slips?



Two paths to a slip



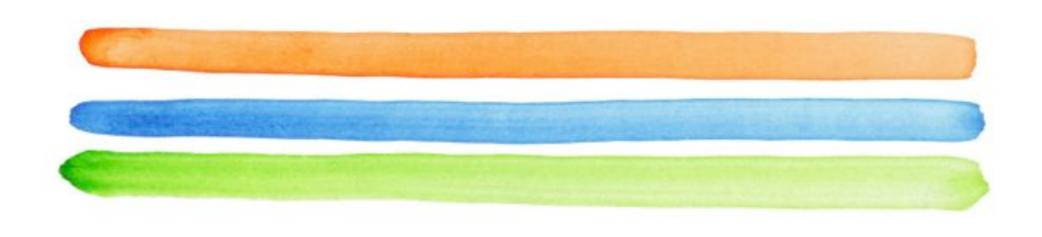








IDENTIFYING TRIGGERING EVENTS



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





Controllable vs. Uncontrollable Predictable vs. Unpredictable



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

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

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	
		. k			

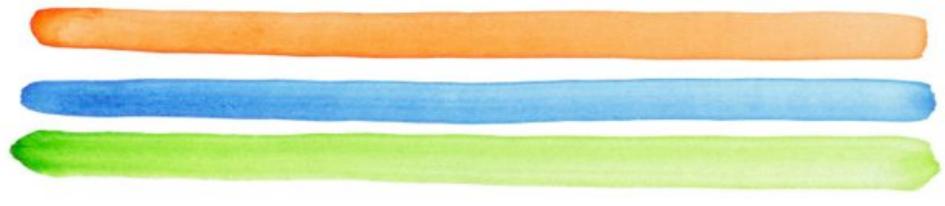


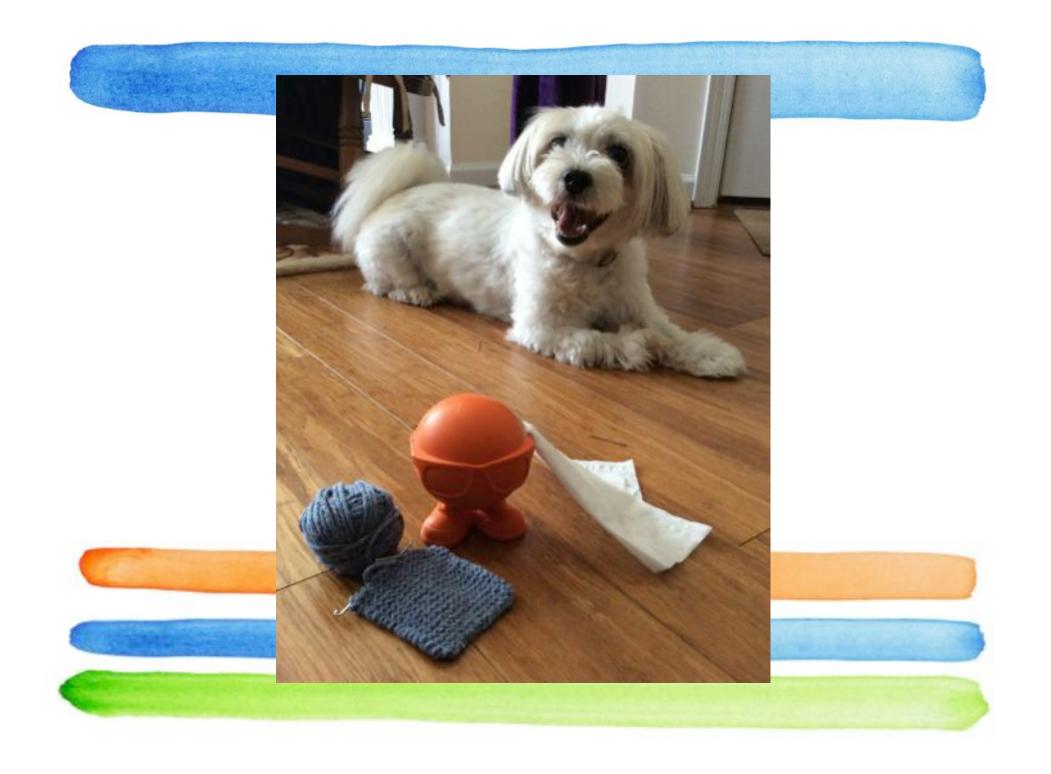


OUR NEW TOP 10 TIPS FOR COPING











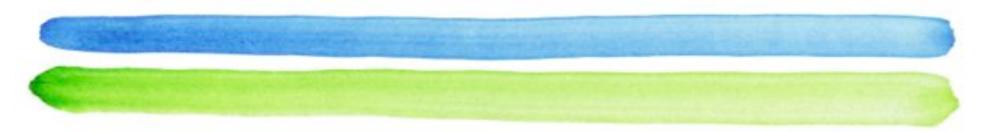
Personify your OCD as something manageable.

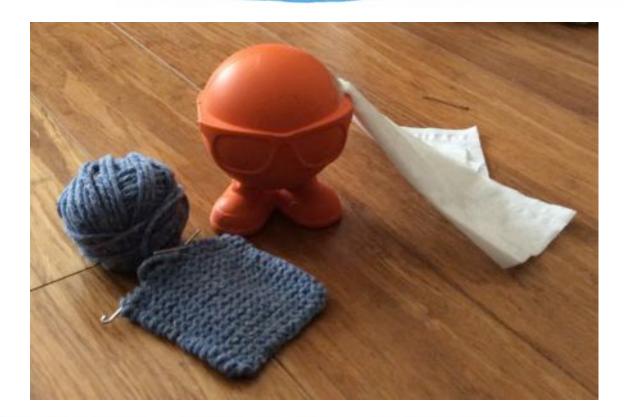
Then invite it along. Because like an annoying little sibling,

It's going to be there.



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





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.



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



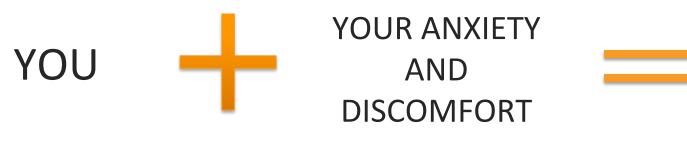
Your Greater Good is your guiding light.

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





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



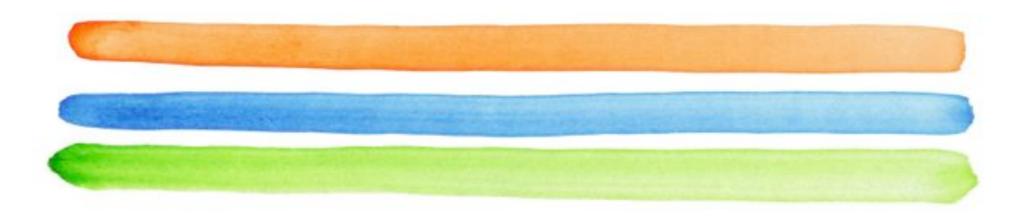
There are only two guarantees in life.

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





#9 YOU'RE BETTER PREPARED THAN MOST FOR LIFE

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	
his 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.

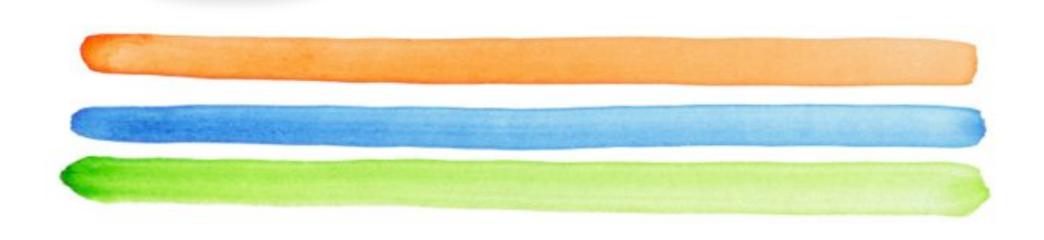
It's about learning to dance...

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

Completing your trigger sheet

TRIGGER SHEET FOR IDENTIFYING AND PLANNING FOR RED FLAGS

Red Flags (events, stresses, etc)	Int/ Ext	Contr/ Uncon	Pred/ Unpr	Coping Plan (exposure, red dots, etc)
	Red Flags (events, stresses, etc)	Red Flags (events, stresses, etc) Int/Ext	Red Flags (events, stresses, etc) Int/ Ext Contr/ Uncon Image: Contrest of the stresses of the	Red Flags (events, stresses, etc)Int/ ExtContr/ UnprPred/ UnprImage: Image:

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



- 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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