


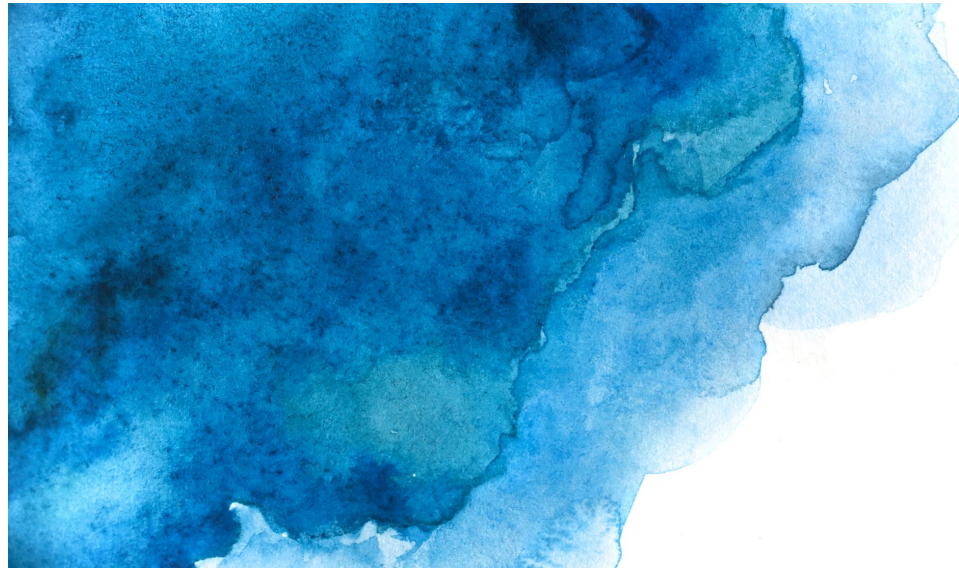
MAINTAINING MOTIVATION IN OCD TREATMENT

Lived and Clinical Experience



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Board Members



WHY IS MOTIVATION IMPORTANT IN OCD TREATMENT?

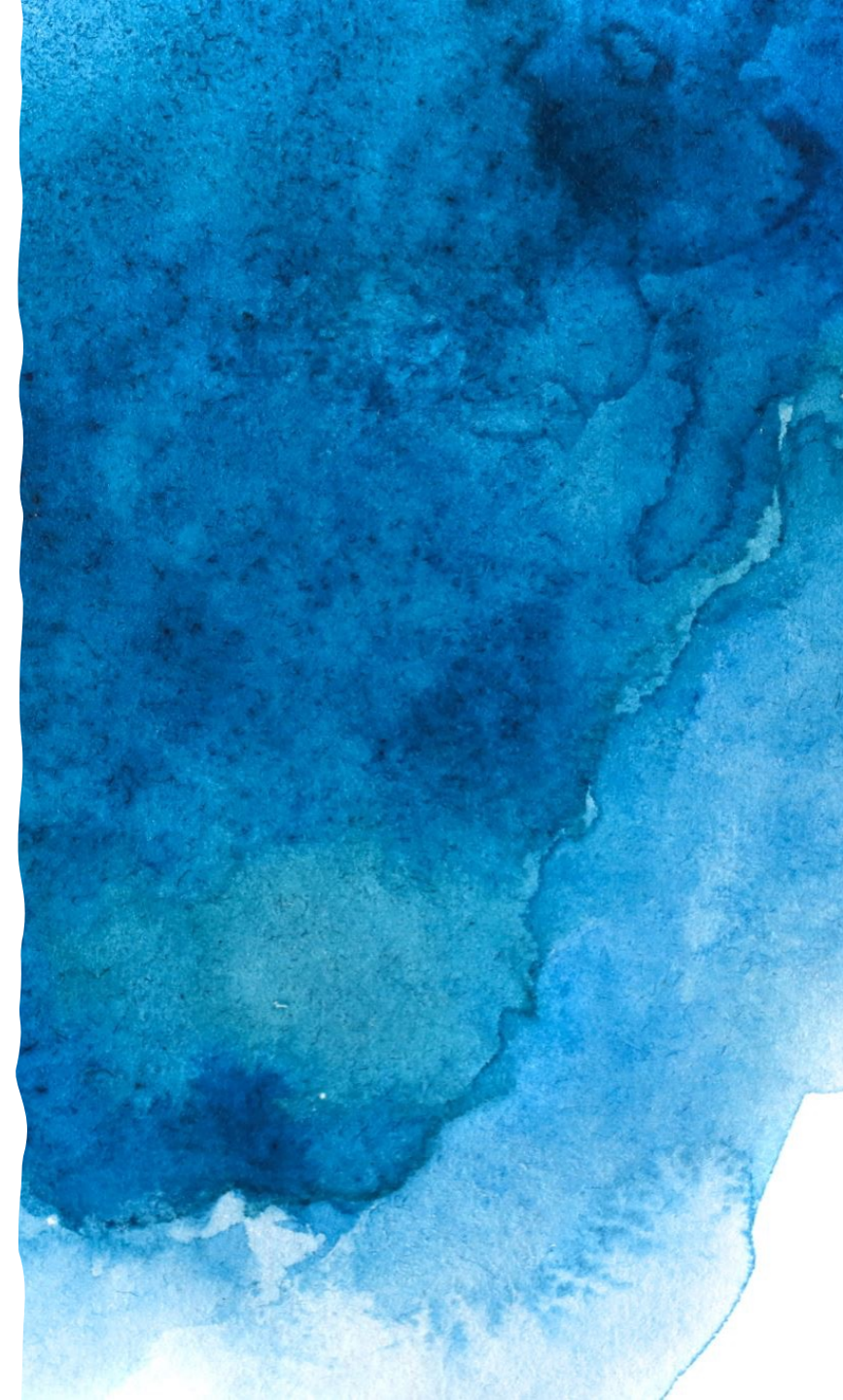
Consistency and follow through are vital in treatment

Reaching treatment goals is important

Becoming your own ERP coach

HOW TO STAY MOTIVATED IN TREATMENT:

- LEAD WITH BEHAVIOR. MOTIVATION COMES FROM CONSISTENCY AND SUCCESS, IT DOES NOT JUST APPEAR
 - HAVE CLEAR AND REACHABLE GOALS TO GUIDE YOU
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- BE ACTIVE IN YOUR DECISION MAKING INSTEAD OF PASSIVE
 - TRACK YOUR EXPOSURES
 - REWARD YOUR SUCCESSES. GAMIFICATION / CHART

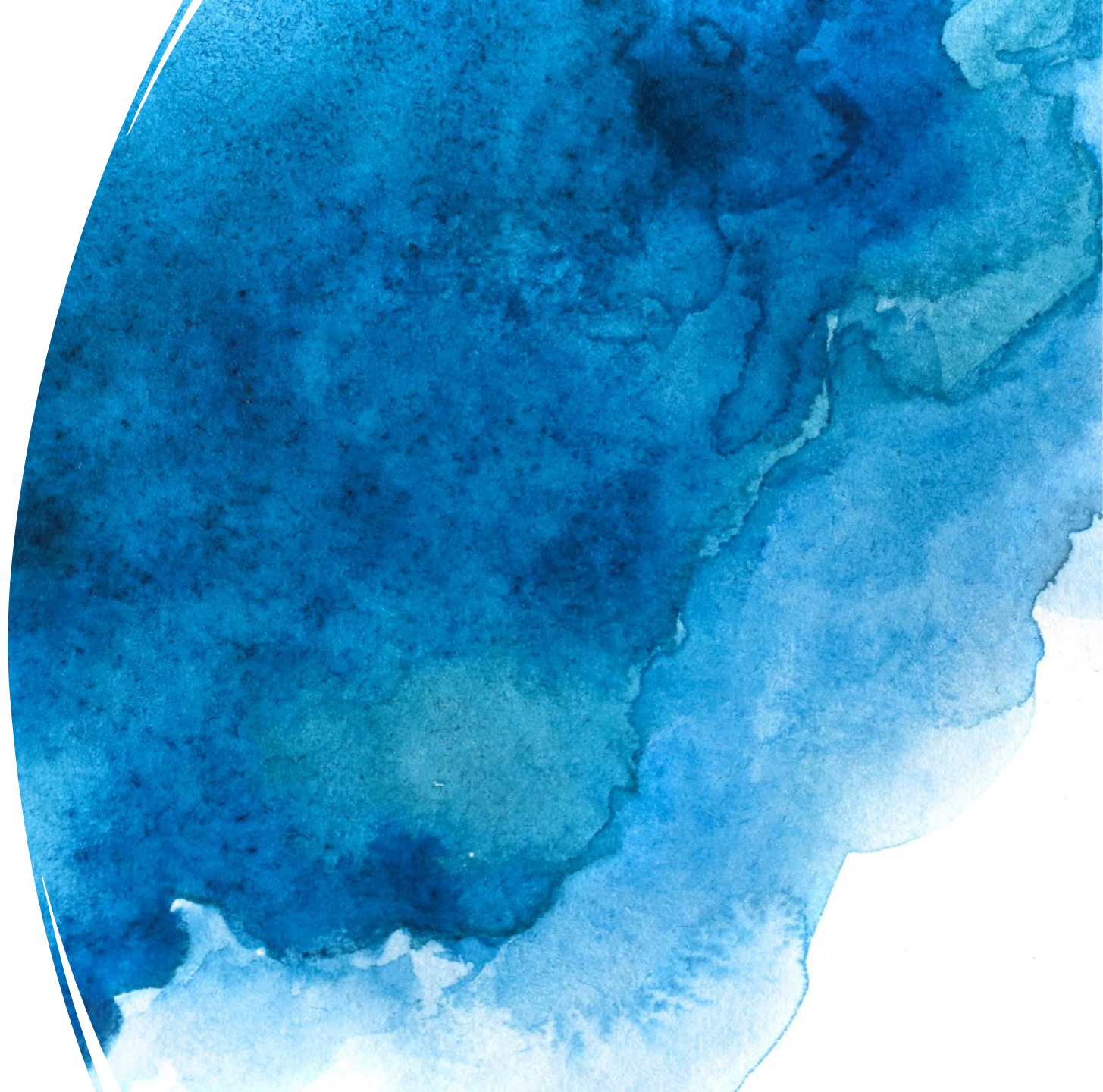


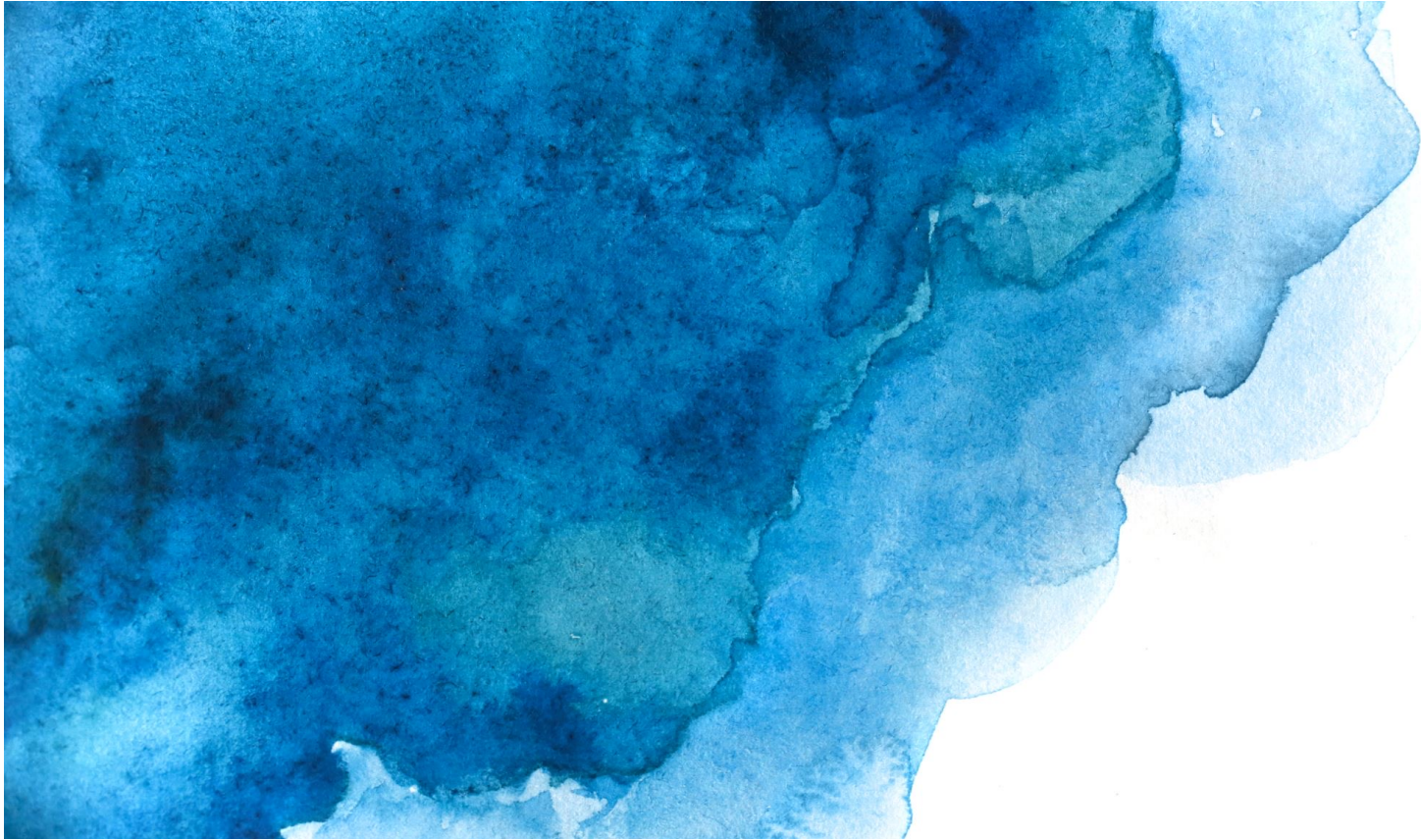
HOW TO STAY MOTIVATED IN TREATMENT CONTINUED

- FIGURING OUT YOUR TREATMENT "WHY" - VALUES
 - REMINDING YOURSELF WHAT OCD HAS TAKEN FROM YOU AND WHAT YOUR LIFE COULD LOOK LIKE WITHOUT COMPULSIONS
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- CREATE A SPECIFIC PLAN TO SCHEDULE IN YOUR EXPOSURES (TIME OF DAY / LENGTH)
 - HABIT STACKING
 - PROS AND CONS OF MAKING A CHANGE

HOW TO STAY MOTIVATED IN TREATMENT CONTINUED

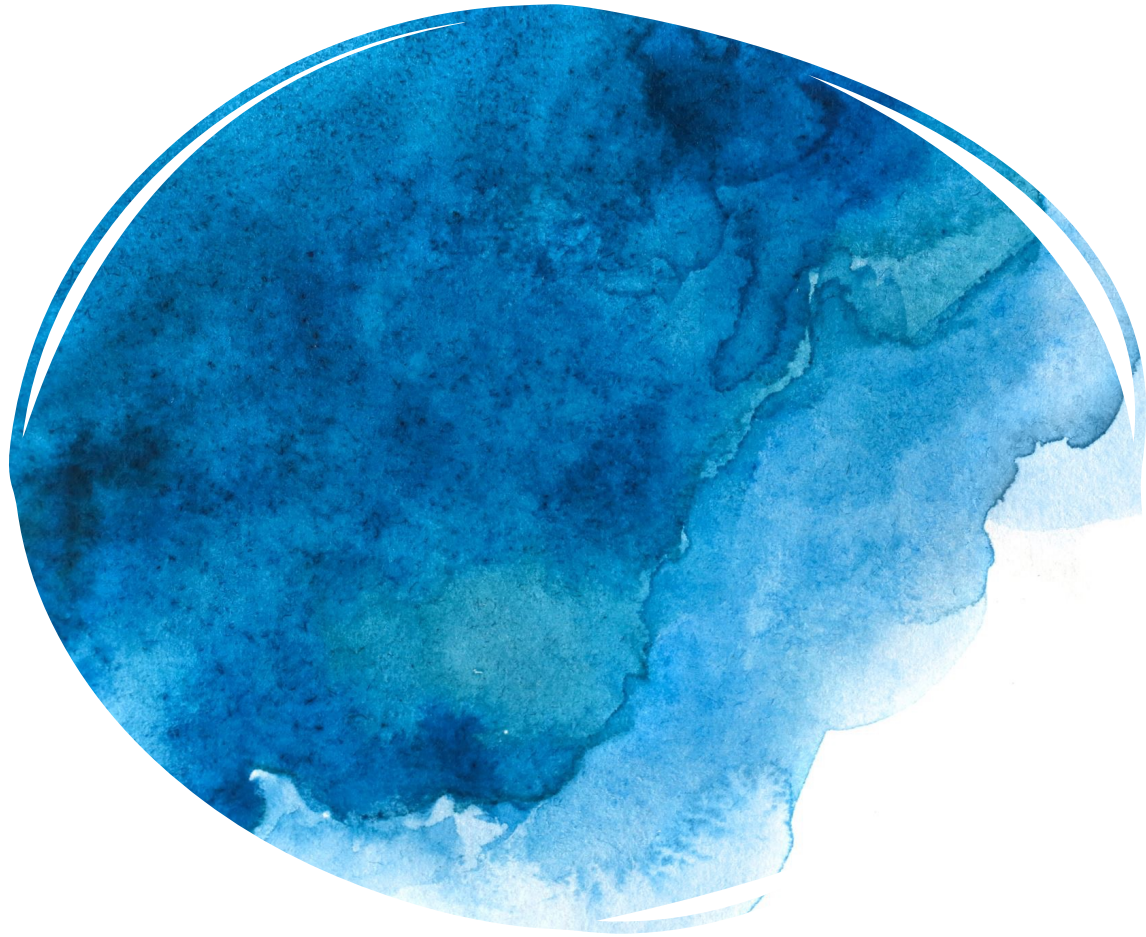
- SUPPORT GROUPS AND 'ERP BUDDIES'
- SELF COMPASSION / NOT BEATING YOURSELF UP
- IDENTIFYING POTENTIAL MOTIVATION BARRIERS
- INCORPERATING FAMILY AND LOVED ONE'S
- DANCING AND SUPERHERO POSES
- EXTERNALIZING THE OCD (#TEAMCHRIS)





WHAT DOES NOT WORK

- BEATING YOURSELF UP
- LACK OF FAMILY SUPPORT
- DISCOUNTING SUCCESSES
- FOCUSING ON SETBACKS
- STIGMA
- THE 75% PHENOMENON
- COMPARING
- TRYING TO DO IT BY YOURSELF

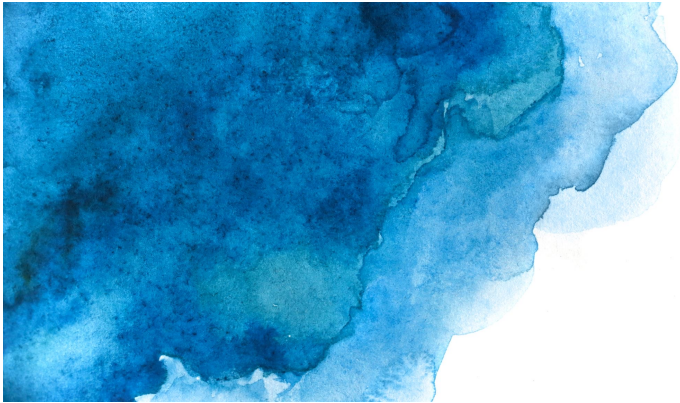


FINAL THOUGHTS

ANDREW: "YOU CAN ALWAYS RECOMMIT"

SHANNON: "BELIEVE IN YOURSELF"

CHRIS: "BREAK IT DOWN ONE STEP AT A TIME"



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