

A12: Maintenance planning: Where I was, where I am now, and where I am going

Well done. You are well on your way now to learning the skills you need to be your own therapist in continuing to treat your OCD. Now is a good time to reflect on your achievements so far and to plan your priorities for the next two sessions, so that you get the most you can out of the treatment.

The end of treatment can feel like a mixed blessing. On the one hand it is a great achievement to see how hard you have worked and what you have achieved, and you may be looking forward to getting out there in the 'real world' to practise your skills solo. On the other hand, it may feel like a scary prospect to let go of the support provided in sessions, and you may worry about your ability to keep up alone, or doubt that you have made the progress you hoped for. That is why now is a good time to think about what's left to do, so that you can make the best of the last sessions and feel confident and excited about carrying on beyond the treatment.

Think about before you started coming to this treatment. What were your biggest concerns or issues? Which symptoms or types of intrusive thoughts bothered you the most? In what ways was OCD interrupting your life?

Which of these areas have improved?

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Which of these areas still need a lot of work?

Consider which areas or issues are perhaps not related just to OCD (for example, past traumas or suffering that you carry with you), or represent very significant fears that seem too difficult to tackle just yet. Put these here as a list of things to address further down the track, perhaps in individual or group therapy later on. It is OK to not tackle all our worries at once!

Now consider which areas of your OCD you think you would like to focus on for the final weeks of treatment, perhaps some things you have been avoiding or have forgotten to do experiments about. This helps you to remember to include these in your experiments for the remaining weeks. Remember, you still need to have achievable and realistic goals, so start with the easy steps, then increase the challenge.

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Are there any areas where you think you need to improve over the last two weeks, such as being more deliberate with experiments, completing all worksheets in full, reviewing notes from sessions, doing daily experiments, or identifying irrational beliefs and alternative thoughts?
