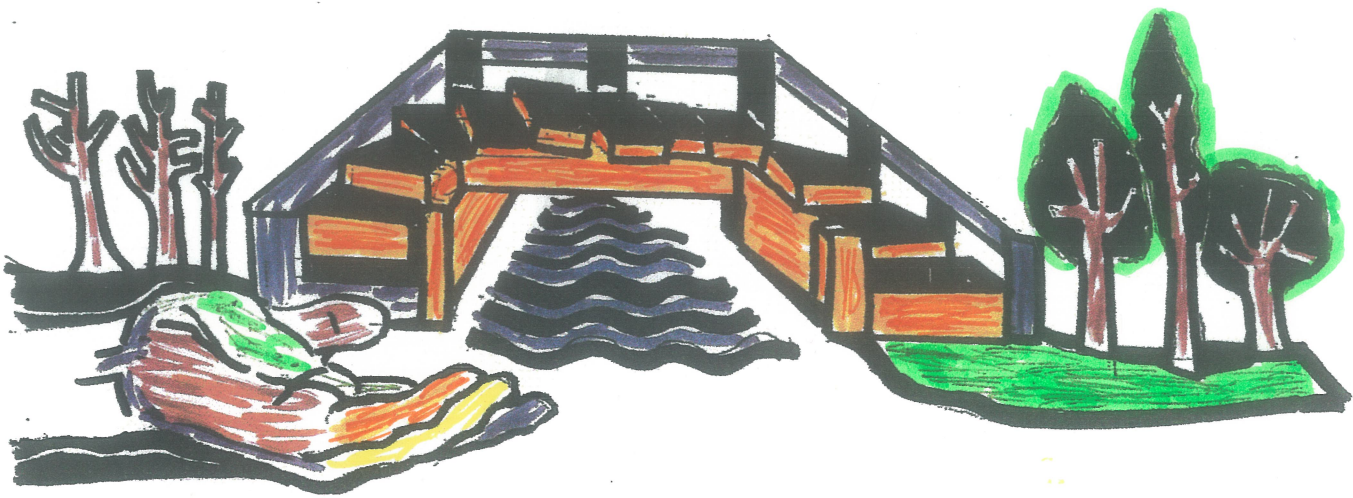


OBSESSIVE COMPULSIVE ANONYMOUS

WORKBOOK

-activities for group or individual use in the recovery journey



FOREWARD

Activities in this workbook are intended as an aid for possible use as follows:

- as a supplement to your work with an O.C.D. professional,
- at an O.C.A. or support group meeting*, where members may benefit from each other's experiences,
- for personal reflection and/or journalling on a particular topic,
- as an ongoing program,
- your suggestion?

In addition, with each Step, there is an opportunity to list 'goals' for yourself; written goals are said to have a heightened rate of accomplishment.

None of the topics is exhaustively covered, but are intended to suggest matters which you might want to consider in your recovery journey and/or to complement your existing program.

You may wish to express yourself through art or visual symbols as additional recovery tools.

Questions are not intended to be prescriptive, but rather to invite reflection.

Omitted subjects may be re-visited, or answered from a different perspective as one proceeds in recovery.

RESOURCES-

1."OBSESSIVE COMPULSIVE ANONYMOUS, Recovering From Obsessive Compulsive Disorder", second edition. 1990.

2."O.C.A.-12 Step Workshop for O.C.D." (c.d.'s). 1990.

Best wishes going forward!

*The content of each Step may exceed one meeting and/or invite completion at home.

INTRODUCTION-

SERENITY PRAYER-

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Reinhold Niebuhr

1(a). What are your hopes as you begin this program?

(b) What are your fears?

2. Identify your "next step".

3. Other comments?

Please read pg.21(O.C.A) or listen to Step 1 on the O.C.A. c.d.'s,prior to responding to the questions of your choice.

1."Acceptance ,on a gut level ,that we cannot negotiate with our obsessions and compulsions is our admission of powerlessness."(O.C.A.pg.21).Comment from your own experience.

3.Does your life have elements of "unmanageability"?Describe briefly.

5.(a) Define "denial".Has this been an issue for you in confronting your O.C.D.?Explain briefly.

(b) Why can "denial" be attractive ?

PART B-REVIEW-

1."Experience ,that most brutal of teachers.But you learn,my God,do you learn."(C.S.Lewis).

Explain as this relates to your O.C.D.

PART C-NEXT STEP-

1.What are your specific goals/strategies to deal with your O.C.D.?

(a) short term (e.g. by the next meeting)-

(b) longer term-

PART D-GRATITUDE-

"Gratitude is not only the greatest of virtues,but the parent of all others."(Cicero).

1.For what are you most grateful in Step 1?Explain,with examples.

PART E-OTHER-

Comments,additional insights, notes to oneself etc.-

STEP 2-CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

Please read pages 21-22(O.C.A.) or listen to Step 2 (c.d.) prior to responding to the questions of your choosing.

Date-_____

PART A-REFLECTION-

1."This Step asks us to believe in something many of us feel we could not...It appears that the 'belief' in a Power that could restore us to sanity is all that is needed.Many recovering from Obsessive Compulsive Disorders maintain that since they made an attempt to believe in a Higher Power they got results.The minute we stopped arguing and fighting this point,Step 2 gradually came to us...Whether agnostic,atheist,or believer,we can take this second Step to the best of our ability right here and now."(O.C.A.,pgs.21-22).

(a) Does the above statement have relevance for you ?Why/why not?

(b)Has your concept of a Higher Power changed ?Did this change happen suddenly or over time?Explain.

2.Comment on the following,insofar as they might apply to you.

(a) "...some of us have made our groups the 'Higher Power'since they are certainly a power greater than just one individual suffering with O.C.D.".(O.C.A.,pg.22).

(b) "Doubt is a pain too lonely to know that faith is his twin brother."(Khalil Gibran).

3.(a)What does "restore to sanity" mean in your life?

(b)What is your role in this "restoration"?

PART B-REVIEW-

1. "There are only two ways to live your life. One is as though nothing is a miracle. The other is that everything is a miracle." (Albert Einstein).

Explain as this relates to your O.C.D.

PART C-NEXT STEP-

1. What are your specific goals/strategies to deal with your O.C.D.?

(a) short term (e.g. by the next meeting)-

(b) longer term-

PART D-GRATITUDE-

"Gratitude is not only the greatest of virtues, but the parent of all others." (Cicero).

1. For what are you most grateful in Step 2? Explain, with examples.

PART E-OTHER-

Comments, additional insights, notes to oneself etc.?-

STEP 3- MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.

Please read page 23 (O.C.A) or listen to Step 3 on the O.C.A.c.d.'s,prior to responding to the questions of your choosing.

PART A-REFLECTION-

1.(a)"At first glance,Step 3 seemed impossible to many of us.Fortunately,we can tell you that by just coming to a meeting or reading this book,you have already begun this important step".(O.C.A. page 23).Do you agree?Why/why not?

(b) Have you made a decision to turn over your will and your life (Step 3 above)?If so,outline how this happened or is it still in process?

2.Identify what "turning ...your will and ...you life over..." means for you in your daily activities.Include examples.

3.(a)Explain your understanding of "...the care of God..."

(b) How can O.C.D. try to act as a god or higher power?Include examples from your experience.

PART B-REVIEW-

1."Hope is being able to see that there is light despite all the darkness."(Archbishop Desmond Tutu).

Explain as this relates to your O.C.D.

PART C-NEXT STEP-

1.What are your specific goals/strategies to deal with your O.C.D.?

(a) short term (e.g.by the next meeting)-

(b) longer term-

PART D-GRATITUDE-

"Gratitude is not only the greatest of virtues,but the parent of all others."(Cicero).

1.For what are you most grateful in Step 3?Explain,with examples.

PART E-OTHER-

Comments,additional insights,notes to oneself etc.-

Step 4-MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

Please read pages 24-27 (O.C.A.)or listen to Step 4 on the O.C.A.c.d.'s,prior to responding to the questions of your choosing. date-_____

PART A-REFLECTION-

1."Step 4 is a comprehensive effort to reveal the defects of character that are hurting ourselves and others.We clean up only our side of the road and do not look for the wrongs done by others.(page 25).Comment on how it has applied ,or could apply ,to your life.

2.Define-(a)"searching and fearless"-

(b)-"moral inventory"-

3.Cite some of your personal fears with a moral inventory.-

4."There is a crack in everything.That's how the light gets in." (Leonard Cohen,ANTHEM).

How can shining a light on our faults be a gift to:

(a) those around you?

(b)yourself?

Please include examples for (a) and (b).

5.How does one avoid "paralysis by analysis"?

6.Suggest why humans may tend to gravitate towards "denial"?

PART B-REVIEW-

1.Comment."The goal[of Step 4] is not the perfect avoidance of all[faults],which is impossible,but the struggle itself and the wisdom that comes with it."Father Richard Rohr,"Breathing Under Water".How might we learn wisdom through the "mirror"of Step 4?

PART C-NEXT STEP-

1.What are your specific goals/strategies to deal with your O.C.D?

(a) short term(e.g. by the next meeting)-

(b)longer term-

PART D-GRATITUDE-

"Gratitude is not only the greatest of virtues,but the parent of all others."(Cicero).

1.For what are you most grateful in Step 4?Explain, with examples.

PART E-OTHER-

Comments,additional insights,notes to oneself etc.?-

STEP 5-ADMITTED TO GOD,OURSELVES,AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

Please read page 27 (O.C.A.) or listen to Step 5 on the O.C.A. c.d.'s,prior to responding to the questions of your choosing.

PART A-REFLECTION-

1."Here we are given the opportunity to dump all the garbage we have been carrying around since it is this load that increases our obsessive compulsive behaviour."(O.C.A.pg.27).Explain as it relates to your life,including examples.

2."In Step 5 we find that opening communication with God and another human being lifts this[O.C.D.]burden of secrecy from us."(O.C.A.pg.27).Comment upon your own experience.

3.(a) What is your definition of "wrongs"?

(b)Cite some examples of "wrongs" you might have done related to your O.C.D. to:

(i)others-

(ii)yourself-

4.How does Step 5 involve peer accountability and personal responsibility?Explain.

5.Comment." 'Baring,not bearing' can be liberating for both sides."(Father Richard Rohr,"Breathing Under Water").Include instances from your own life,if possible.

6. Outline how a support group such as O.C.A. could be helpful for Step 5.

PART B-REVIEW-

"Life comes from the recognition that we can't do it alone." (Jean Vanier).

Explain as this relates to your recovery.

PART C-NEXT STEP-

1. What are your specific goals/strategies to deal with your O.C.D.?

(a) short term (e.g. by the next meeting)-

(b) longer term-

PART D-GRATITUDE-

"Gratitude is not only the greatest of virtues, but the parent of all others." (Cicero).

1. For what are you most grateful in Step 5? Explain, with examples.

PART E-OTHER-

Comments, additional insights, notes to oneself etc.?-

STEP 6-WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER

Please read pages 28-31 (O.C.A) or listen to Step 6 on the O.C.A. c.d.'s ,prior to responding to the questions of your choosing. date-_____

PART A-REFLECTION-

1."...experience shows us that most of us are only willing to let go of some of these defects while holding on tightly to others."(O.C.A.pg.28).Does this statement apply to you?Why/why not?

2."Patient improvement is what we strive for and in God's time much of what is objectionable will be lifted."(O.C.A.pg.28).Discuss from your experience,including which means have worked for you.

3.Circle any of the following "defects"(O.C.A.pg.28) which apply to you.Add comments as you wish.

perfectionism self-righteous anger self-pity control inability to change "terminal uniqueness"

procrastination overly high expectations of ourselves and others other_____?

4.Comment (a)"Acceptance of ourselves where we are right NOW puts us on the road to recovery."(O.C.A.pg.30).

(b)"Recovery from O.C.D.often lies in our feet,not our heads.We need to take positive actions to get positive results.We have found that by 'living in the now' we can take more timely action."(O.C.A.pg.30).

5.How is Step 6 a practice of both surrender and responsibility?

PART B-REVIEW-

1.“The quest for certainty blocks the search for meaning.Uncertainty is the very condition to impel man to unfold his powers.”(Erich Fromm).

How might this connect to your recovery?

PART C-NEXT STEP-

1.What are your specific goals/strategies to deal with your O.C.D.?

(a) short term (e.g.by the next meeting)-

(b) longer term-

PART D-GRATITUDE-

“Gratitude is not only the greatest of virtues,but the parent of all others.”(Cicero).

1.For what are you most grateful in Step 6?Explain,with examples.

PART E-OTHER-

Comments,additional insights,notes to oneself etc.?-

STEP 7-HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS

Please read pages 31-32 (O.C.A.) or listen to Step 7 on the O.C.A.c.d.'s, prior to responding to the questions of your choice. date-_____

PART A –REFLECTION-

1. Define "humbly".

2. "It appears that the chief activator of our obsessive-compulsiveness has been self-centred fear –fear that we would lose something we already possessed or would fail to get something we demanded." (O.C.A.pg.31). Comment re: your own life.

3. With humility as our guide, we move ...toward helping our fellow man and improving our relationship with our Higher Power." (O.C.A.pg.31). Is this your experience? Explain.

4. "We hear the story of how humility has brought strength out of weakness." (O.C.A.pg.32).

Has this happened to you? Explain.

5. How might humility create space for God/your Higher Power to help you?

6. Outline your role in order "...to remove ...shortcomings".

5.Cite possible advantages of making the list in Step 8.

6."In taking this Step,we should avoid extreme judgements of both ourselves and others and be careful not to exaggerate our task at hand."(OCA,pg33).Comment.

7.(a) How do you determine when is a good time to make amends?

(b)How do you prepare yourself to make amends?

PART B-REVIEW-

1."The greatest glory in living lies not in never falling,but in rising every time we fall."(Ralph Waldo Emerson).

Explain as this relates to your O.C.D.

PART C-NEXT STEP-

1..What are you specific goals /strategies to deal with your O.C.D.?

(a) short term(e.g. by the next meeting)-

(b)longer term-

PART D-GRATITUDE-

"Gratitude is not only the greatest of virtues,but the parent of all the others."(Cicero).

1..For what are you most grateful in Step 8?

PART E-OTHER-

Comments,additional insights,notes to oneself etc.?

PART B-REVIEW-

1. "When we accept the present, we can forgive and release the desire for a different past." (THE BOOK OF JOY: LASTING HAPPINESS IN A CHANGING WORLD by the Dalai Lama and Archbishop Desmond Tutu).

Explain as this might relate to your O.C.D.

PART C-NEXT STEP-

1. What are your specific goals /strategies to deal with your O.C.D.?

(a) short term (e.g. by the next meeting)-

(b) longer term-

PART D-GRATITUDE-

"Gratitude is not only the greatest of virtues, but the parent of all others." (Cicero).

1. For what are you most grateful in Step 9? Explain, with examples.

PART E-OTHER-

Comments, additional insights, notes to oneself etc.?

Please read pages 35-36 or listen to Step 10 on the O.C.A. c.d.'s, prior to responding to the questions of your choosing. date-_____

1(a) Define “personal inventory”.

(c) Suggest why is it important to include emotions and attitudes ,rather than just actions in one's inventory.

2. How might the "inventory" be utilized throughout the day, in concert with self-awareness or mindfulness?

3. "In this continuous look at our inventory, we strive for progress, not perfection." (OCA, pg.35).

Explain, as it relates to your OCD. Include examples.

PART B-REVIEW-

1."Love is a better teacher than duty."(Albert Einstein).

Comment as this might apply to your recovery.

PART C-NEXT STEP-

1.What are your specific goals/strategies to deal with your O.C.D.?

(a) short term(e.g. by the next meeting)-

(b)-longer term-

PART D-GRATITUDE-

"Gratitude is not only the greatest of virtues, but the parent of all others."(Cicero).

1.For what are you most grateful in step 10?Explain,with examples.

PART E-OTHER-

Comments,additional insights,notes to oneself etc.?-

STEP 11-SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD,AS WE UNDERSTOOD HIM,PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT..

Please read pages 36-37 or listen to Step 11 on the O.C.A.c.d.'s,prior to responding to the questions.
of your choosing. date-_____

PART A-REFLECTION-

1."Prayer and meditation can work for us even if our beliefs lean towards those of the agnostic or atheist."(O.C.A.pg.36).Comment.

2.What do the following mean to you?

(a)prayer-

(b) meditation-

3."Some of us have found that by applying the concept of 'just for today',we are able to pray today-not committing ourselves to a lifetime of recitals.This approach allows us to resume prayer if we find that this part of our program has fallen by the wayside."(O.C.A.pg.36).Might this apply to yourself?

Why/why not?

4.(a)Comment."A Higher Power might not always answer our prayers in the manner in which we might expect."(O.C.A.pg.37)

(b)How could prayer be about letting God/Higher Power change us,even through our struggles?

(c)If prayer is communication with God/Higher Power,to whom /what might we listen?

5(a)."Only meditation invades and touches the unconscious where healing occurs,...where our 'garbage'lies."(Father Richard Rohr,"Breathing Under Water".) .Explain.

(b)Suggest how meditation might connect to the neuroplasticity of the brain.

6.List possible advantages of prayer and /or meditation for you in your recovery from O.C.D.

PART B-REVIEW-

1.“Meditative practice allows us to quiet the distracting thoughts and feelings so that we can perceive reality ,and respond to it more skillfully.The ability to be present in each moment is nothing more and nothing less than the ability to accept the vulnerability,discomfort ,and anxiety of everyday life.”(THE BOOK OF JOY, by the Dalai Lama and Archbishop Desmond Tutu).Comment.

PART C-NEXT STEP-

1.What are your specific strategies to deal with your O.C.D.?

(a) short term (e.g. by next meeting)-

(b)-longer term-

PART D-GRATITUDE-

“Gratitude is not only the greatest of virtues,but the parent of all others.”(Cicero).

1..For what are you most grateful in Step 11?

PART E-OTHER-

Comments,additional insights,notes to oneself etc.?--

Please read pages 37-40 or listen to Step 12 on the O.C.A.c.d.'s, prior to responding to the questions of your choosing. date-_____

1. "More often a gradual rearrangement of our attitudes and priorities results in new state of consciousness["spiritual awakening"]which we previously thought impossible."(O.C.A.pg.38).

(b) Do you expect it to continue? Why/why not?

3."When meeting someone interested in our Program[O.C.A.],we have found it best to stick to our own stories."(O.C.A.pg.38).Explain.

5. "Pain shared is divided in half; joy shared is doubled" (unknown)..Is this your experience? Explain.

6..”All healers are wounded healers.”(Father Henri Nouwen”,The Wounded Healer”).Do you agree?why/why not?

7.It is said that when Bill Wilson first founded Alcoholics Anonymous,he was disappointed that he the alcoholics didn't respond as he had hoped,but he found that his efforts to help others kept him sober.Suggest why this might be the case.

8..How can we" ...practice these principles in all our affairs"?

PART B-REVIEW-

1."If you want others to be happy,practise compassion.If you want to be happy,practise compassion."(the Dalai Lama).Comment.

PART C-NEXT STEP-

1.What are your specific goals/strategies to deal with your O.C.D.?

(a) short term(e.g. by the next meeting)-

(b)longer term-

PART D-GRATITUDE-

1.For what are you most grateful in Step 12?

PART E-OTHER-

Comments,additional insights,notes to oneself etc.-?

O.C.A. SYMBOL

date-_____

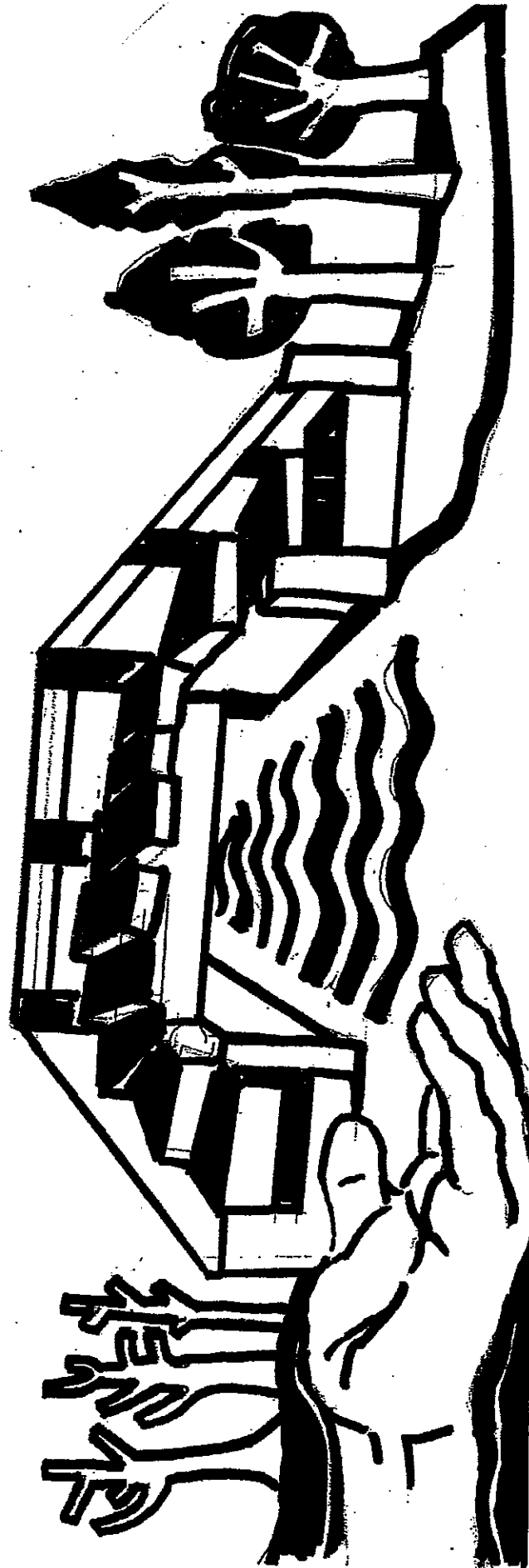
1. Describe how this drawing might symbolize O.C.A.

2(a) How does this symbol relate to your O.C.D. journey? Explain.

(b) Where would you currently situate yourself in this diagram? Why?

Colouring the symbol (including colours for emotions etc.) might enhance your reflection.

3. Other- comments?



JOURNAL- WORKBOOK REVIEW

date- _____



1.Comment on the following for your own life.

(a)"He who learns must suffer."(Aeschylus).How can suffering be a gateway to growth?

(b)"We often look so long and so regretfully upon the closed door that we do not see the one that has opened for us."(Alexander Graham Bell).Is this your experience?Explain.

(c)"Suffering is whenever we are not in control."(Father Richard Rohr).Comment.

(d) How do the 12 Steps seek to address this issue(1c) and how is that working so far in your life?

2.(a)Why is strength needed to work the 12 Steps?

(b)How is surrender or willingness(to let go),rather than willfulness,an important part of your strength?Explain.

(c)What do you suppose are the sources of your strength?

3(a) Dr.Norman Doidge ,in his best-selling book,"The Brain That Changes Itself" emphasizes the neuroplasticity of the brain-that it can change. Have you experienced or observed this phenomenon?If so,cite a few examples.

(b)VISUALIZATION ACTIVITY-(a rehearsal in recovery)-Imagine a situation in which you are experiencing your O.C.D.:sit with the fear/anxiety etc. until it dissipates.

4.How has God /your Higher Power used the Steps to help you in your recovery?

5.How can a support group seem to be more than the sum of its parts?Explain briefly.

6.)What did you learn during this Program?

(a)about others?

(b) about yourself?

7.Outline your plans to continue your recovery?

8.Other-comments/suggestions?

BEST WISHES GOING FORWARD!

CONTACTS/RESOURCES-

1.O.C.A. TORONTO MEETINGS-

Meetings are held on the 2nd and fourth Thursdays of each month in room 2029,

33 Russell St.(between Spadina and Huron,one block N.of College St.),

Toronto,6:30 p.m.-8:00 p.m., p.m.,followed by informal socializing.

Meetings are open to those with O.C.D.,as well as their supporters.

There are no dues or fees, and no registration is necessary.

CONTACTS-

Jennifer-416-389-5289, jennshenouda@gmail.com | Joe-905-683-9914,jj14@rogers.com

Mary-Lyn-mlkieffer@gmail.com

3.O.C.A.WORLD SERVICES-

Box 215,New Hyde Park,NY,11040, 516-739-0662

Visit www.obsessivecompulsiveanonymous.org

for additional resources,meetings,and information on the regular CONFERENCE CALL MEETINGS,including on specific types of O.C.D.

4.I.O.C.D.F-THE INTERNATIONAL O.C.D. FOUNDATION-

P.O. Box 961029,Boston,MA,02196

www.iocdf.org info@iocdf.org 617-973-5801

The IOCDF is a bountiful resource re:information,research,events,local treatment options and support groups,conferences ,discussion boards etc.

5.FREDERICK W.THOMPSON ANXIETY DISORDERS CENTRE ,SUNNYBROOK HOSPITAL -

2075 Bayview Ave.,K Wing,Toronto,ON,M4N3M5

<http://sunnybrook.ca//thompsoncentre.ca>

ThompsonCentreClinic @ Sunnybrook.ca 416-480-6100.

Offers many programs,services,events,and a list of community resources etc.