

My Flight Plan

Congratulations! You've worked very hard and have pushed OCD out of your life. Now, you're about to fly solo and today we'll develop your flight plan. We'll include in your flight plan all the things you've learned that will keep OCD from coming back.

We'll begin with short flights. Rather than meeting every week, we'll meet every other week for a while. This gives you time to practice what you've learned. You can always call the control tower, that's me, if you have a question or want a little help. Because every flight has a little turbulence, your flight plan will include all the things that you've learned to fly through the bumps that OCD throws at you and stay on course. So, let's build your flight plan!

*Signs OCD is
trying to come
back:*

*To stay in
shape, I will:*

*At the first sign
that OCD is
back, I will
remind myself
of the things
I've learned:*

*Times and
places that
OCD might try
to come back:*

*Next wellness
check-up*
