

Our Flight Plan

Congratulations! You and your child have worked very hard and pushed OCD out of your lives. Now, your family is about to fly solo and today we'll develop your flight plan to do that. This flight plan is for you. Your child has a flight plan too. Some of the things on your child's flight plan are similar to some of the things we'll include in your plan. Your flight plan will include all the things you've learned as parents that, if you continue to do them, 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 and your child 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 your child to stay on course. So, let's build your flight plan!

*Signs that we're
slipping back into our
old patterns:*

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*Signs that we've
started to
accommodate to the
OCD again:*

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*Communication and
coaching skills that
help:*

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*To stay in shape, we
will:*

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