

THINGS YOU CAN DO TO PREPARE FOR TREATMENT

HANDOUT

Step 1: Educate Yourself About OCD

- Books
- Internet (e.g., OC Foundation: www.ocfoundation.org)
- Support Groups
- Other OCD sufferers

Step 2: Educate Yourself About Treatment

- See step 1
- Professional consultation

Step 3: Clarify Your Motivation For Recovery

- Impact analysis: self and others
- Long-term goals
- Short-term (treatment) goals

Step 4: Determine Your Resources

- Family, friends, coworkers, church, etc.
- Financial
- Professional
- Support groups
- Special services

Step 5: Develop A Plan

- What treatment options will you try?
- Where will you go for treatment?
- What additional resources will you use to support your recovery efforts?