

# THINGS YOU CAN DO TO PREPARE FOR TREATMENT

## HANDOUT

### ***Step 1: Educate Yourself About OCD***

- Books
- Internet (e.g., OC Foundation: [www.ocfoundation.org](http://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?