Session Goal

The goal of this session is to increase understanding of motivation as a dynamic, ever-present construct. Something that we connect to naturally as humans, even if we don’t realize it.

Defining Motivation

Many words have been used to describe Motivation: Willingness, engagement, drive, persistence, desire, energy, inner force, commitment...what does it mean to you?

Motivation is generally conceptualized as a drive or desire to engage in a task or behavior. Regarding therapy, motivation is seen as a “willingness and desire for change that comes from within” (Ryan, Lynch, Vansteenkiste, & Deci, 2011, pg. 194). It can also be discussed in terms of volition, or an active commitment/engagement to a task. Motivation may take many forms and vary in degree based on the task in question and across time (i.e. motivation is constantly changing).

The Motivational Continuum

<table>
<thead>
<tr>
<th>Source of Motivation</th>
<th>Absent</th>
<th>Completely External</th>
<th>Primarily External</th>
<th>Primarily Internal</th>
<th>Mostly Internal</th>
<th>Completely Internal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reasons for engaging</td>
<td>Absence of personal value/intention for completing the task</td>
<td>Engage in a task because of external rewards or punishments (compliant)</td>
<td>Action is motivated by internal rewards or punishments (i.e. avoiding guilt/anxiety)</td>
<td>Find personal importance in the tasks. Begin to find value in the tasks</td>
<td>Synthesize the goals of the task with one’s sense of self. Find personal importance in the task’s goals</td>
<td>Inherent satisfaction and enjoyment in the task itself.</td>
</tr>
</tbody>
</table>

Circle where you are on the motivational continuum (on the other side) for your OCD treatment.

Enhancing Autonomy:

Why are you in treatment for your OCD?

When treatment is difficult, why do you choose to persevere (i.e. what do you want to achieve, what values motivate you to fight OCD)?

Leveraging your connections (Relatedness)

Who can you look to for support?

Where can you find stories/messages of hope?

Building Confidence in Your Ability

What have you been able to accomplish in treatment?

What skills can you practice to develop a sense of mastery over your treatment?

Where can you find helpful information about OCD and its treatment to help you in your Recovery?

Changing the Function of OCD

Think about all of the different ways in which your OCD impacts your life, both negative and positive aspects. Functional consequences, or the day-to-day behavioral outcomes of your OCD outside of anxiety reduction, can have a large impact on treatment motivation. On the next page are a list of some common OCD functional consequences.
<table>
<thead>
<tr>
<th>Negative Consequences</th>
<th>Perceived Positive Consequences</th>
</tr>
</thead>
<tbody>
<tr>
<td>• My obsessions and/or compulsions make my life miserable</td>
<td>• My value as a person is attributable to my obsessive-compulsive behavior.</td>
</tr>
<tr>
<td>• My obsessive-compulsive behavior limits my ability to engage in social activities.</td>
<td>• My compulsive behaviors give me a sense of control over my life.</td>
</tr>
<tr>
<td>• My obsessive-compulsive behavior negatively affects my relationships with people close to me.</td>
<td>• My compulsive behaviors keep my life structured and orderly.</td>
</tr>
<tr>
<td>• When I am engaged in my rituals I feel alienated from myself.</td>
<td>• My obsessive-compulsive behaviors reinforce my sense of self.</td>
</tr>
<tr>
<td></td>
<td>• My obsessive-compulsive behaviors reflect my value system.</td>
</tr>
<tr>
<td></td>
<td>• My rituals are based on behaviors (organization; cleanliness) valued by others.</td>
</tr>
</tbody>
</table>

What negative functional consequences result from your OCD and how can you use them for motivation?

What perceived positive functional consequences have you identified from your OCD? How can you achieve these same behavioral outcomes without your OCD symptoms (think creatively about how to reach those goals in your life without OCD)?

What ideas do you have for enhancing your motivation?
GREATER GOOD PERSPECTIVE SHIFT

FBD SITUATION: ____________________

FBD suggests your “Good” Choice is to:

Because....
It will reduce your anxiety by:

FBD suggests your “Bad” Choice is to:

Because...
You will have to sit with the anxiety that:

DECISION MOTIVATORS:
FEAR and DOUBT

You determine that your Greater Good Choice is to:

Because...
You can best be of service to: _________
and enhance your sense of purpose by: ___________

DECISION MOTIVATORS:
PURPOSE & SERVICE

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Treatment Motivation Session 1: 2/2