

OVERCOMING BARRIERS TO TREATMENT

Overcoming barriers that interfere with treatment is an important part of the process. So, as soon as you recognize any barriers, take note of the situation using the form below (adapted from Pollard et al.) and discuss with your therapist at the next session. You will not be judged or criticized. The purpose is to openly discuss, get more support, and collaboratively problem solve. We want to see you succeed!

Date	Treatment Intervention Not Completed	Barrier(s) Identified	Possible Solution(s)

Interventions

1. Show up for session on time
2. Complete form / script
3. Planned situational exposure
4. Planned imaginal exposure
5. Follow ritual prevention
6. Review and update meta-beliefs
- Other (write in)

Common Barriers

1. Forgot
2. Too busy
3. Seems like too much work
4. Don't see reason to do it
5. Interventions not helping
6. My case seems hopeless
7. Fearful of risks if I do intervention
8. Fearful of doing imperfectly
9. Overwhelmed during intervention
10. Impacted after intervention
11. Overwhelmed by other life stressors
12. Impacted by substance use
13. Impacted by depression
14. Technical issues (computer, etc.)
15. Reactions to therapist interactions
16. Don't like hearing own voice
- Other (write in)

Solutions to Consider

1. Discuss with therapist
2. Ask support (treatment buddy) for help
3. Set reminders
4. Alter schedule
5. Reward self for doing it
6. Change goal for that day
7. Go back to previous goal
8. Break task into smaller steps
9. Slow down or speed up pace
10. Review motivation script
11. Review exposure script
12. Revisit medications (start or change)
13. Get referral for other help
14. Stop treatment until recommit
- Other (write in)

Note: labels such as "procrastinator" "lazy," "unmotivated" not allowed