


Highlight 2.10

Key Learning Points



ICBT identifies inferential confusion as a core issue in OCD, where hypothetical "what if" scenarios are mistaken for real probabilities.

Inferential confusion is the outcome of the OCD Trifecta: Distrust of Senses and Self, Unchecked Imagination, and Misapplied Reality and Personal Logic.

Imaginative sensations and "phantom evidence" further blur the line between imagination and reality, making imagined threats feel tangible.

Reversing causal direction is a common trap in OCD that leads individuals to misinterpret these sensations as proof for the obsessional doubt