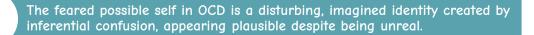
## Highlight 2.11 **Key Learning Points**



OCD's feared self reflects self-doubt, embodying qualities the individual fears but does not truly possess.

OCD targets vulnerable self-themes—areas of personal significance—to amplify obsessions, making certain fears feel deeply compelling and impactful.

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