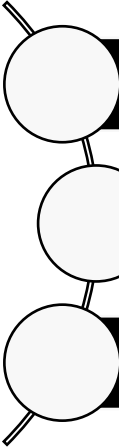


Highlight 2.12

Key Learning Points



ICBT holds that obsessional doubt can be fully eradicated by addressing the flawed reasoning that creates it.

The principle that obsessional doubt can be eradicated relies on understanding inferential confusion at its core.

ICBT's approach removes the need to tolerate or manage doubts, freeing individuals from obsessional thinking entirely.