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.

Copyright © 2024 by Frederick Aardema. Mount Royal Publishing. All Rights Reserved.

Permission is granted for personal use and use with clients. Any reproduction, distribution, or use beyond these permissions, in any form or by any means, without prior written consent, is strictly prohibited.