

## Highlight 2.9


### Key Learning Points



Obsessional doubt is reinforced by justifications—such as real-world knowledge or hypothetical scenarios—that lend it a strong sense of credibility.



Obsessional narratives form cohesive storylines that heighten the doubt's urgency and coherence, making it harder to dismiss.



Creating reality-based narratives helps individuals see obsessional narratives as hypothetical, reducing OCD-driven doubt and compulsions.

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