# Diagram 3.3. Obsessional Doubts and What They Challenge

# Obsessional Doubt

### "I might have left the stove on."

- Calls into Question: "The stove is off."
- Calls into Question: "My home is safe."
- Calls into Question: "I am responsible."
- Calls into Question: "My memory is reliable."

#### **Obsessional Doubt**

#### "My hands might be contaminated."

- •Calls into Question: "My hands are clean."
- •Calls into Question: "I am healthy."
- •Calls into Question: "I am hygienic."
- •Calls into Question: "I can safely touch things."

#### Obsessional Doubt

#### "I might have made a mistake at work."

- •Calls into Question: "My work is accurate."
- •Calls into Question: "I am competent."
- •Calls into Question: "My performance is satisfactory."
- •Calls into Question: "I can be trusted."

#### **Obsessional Doubt**

## "I might suddenly harm someone."

- Calls into Question: "I am in control of my actions."
- Calls into Question: "I am safe to be around."
- Calls into Question: "I am a peaceful person."
- Calls into Question: "I respect and care for others."

### **Obsessional Doubt**

#### "What if I am not expressing myself correctly?"

- Calls into Question: "Others comprehend my thoughts and feelings accurately."
- Calls into Question: "I can effectively express myself verbally."
- Calls into Question: " I am being perceived as genuine and sincere."
- Calls into Question: "My expressions truly reflect my thoughts and emotions ."

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