

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 ."