

Diagram 3.3  
Obsessional Doubts and What They Challenge

**Obsessional Doubt**

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

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- 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."**

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- 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."**

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- 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."**

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- 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?"

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- 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 ."