Diagram 3.7. Five steps Towards Identifying Your Obsessional Sequence

COMPULSIVE ACTIONS AND STRATEGIES Question 1: What do I do? **EMOTIONAL REACTIONS** Question 2: What are the feelings that I'm trying to get rid off with these compulsions? **SECONDARY CONSEQUENCES** Question 3: What do I worry might happen without my compulsions? PRIMARY OBSESSIONAL DOUBTS Question 4: What has to be possible for these worries and concerns to be true or happen? **TRIGGERS** Question 5: In what situations do these doubts arise?

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