Form 3.1. What Do Obsessional Doubts Challenge

Obsessional Doubt	"I might be gay."
Calls into Question:	
Obsessional Doubt	"What if I live in a virtual world?"
• Calls into Question:	
Calls into Question:	
Calls into Question:	
Calls into Question:	
Obsessional Doubt	"My heart might be beating irregular."
Calls into Question:	
• Calls into Question:	
• Calls into Question:	
• Calls into Question:	
Obsessional Doubt	"Maybe I do not love my partner enough."
Calls into Question:	
Obsessional Doubt	"My food might be poisoned"
• Calls into Question:	
Calls into Question:	
• Calls into Question:	
Calls into Question:	