

**Scenario 4.7: Health Scare**

**A. What is the primary doubt and the feared consequences in this scenario?**

Elaborate on your answer and specify why:

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**1. Is there any concrete evidence in the senses in the here-and-now for the doubt?**

Yes                       No                       Not Sure

Elaborate on your answer and specify why:

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**2. Did the doubt occur in an appropriate context?**

Yes                       No                       Not Sure

Elaborate on your answer and specify why:

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**3. Is the doubt based on a real uncertainty?**

Yes                       No                       Not Sure

Elaborate on your answer and specify why:

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**4. Does acting on the doubt help to resolve it?**

Yes                       No                       Not Sure

Elaborate on your answer and specify why:

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**5. Is the doubt rooted in common sense?**

Yes                       No                       Not Sure

Elaborate on your answer and specify why:

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**B. Considering all of your answers, is the doubt obsessional?**

Yes                       No                       Not Sure

Elaborate on your answer and specify why:

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