

Form 5.1. First Case : _____
Potential reasons behind obsessional doubts

Condensed Primary Doubt(s)

.....
.....

Abstract facts and ideas – Things that you know or believe to be true in general.

- a.
- b.
- c.

Personal experience – Your own personal experience, past or present

- a.
- b.
- c.

Values, standards and rules – The way of doing things according to an accepted principle.

- a.
- b.
- c.

Authorities – A person, institution or organization that is perceived as important.

- a.
- b.
- c.

Hearsay and news – Information that you got from other people, substantiated or not.

- a.
- b.
- c.

Anything else – Anything that does not fit well in the previous categories

- a.
- b.
- c.