

Form 5.3  
Reasons Behind my Obsessional Doubt

*Condensed Primary Doubt(s)*

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**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. ....