

Highlight 3.5

Key Learning Points

- 1 Triggers are never the cause for your obsessional doubt, they just precede them.
- 2 Triggers are triggers only because you have obsessional doubts.
- 3 Internal states of mind can act as a trigger as well, but this is never the obsessional doubt itself.
- 4 Intrusive images or urges often represent your obsessional doubt in an imagery or motor-like format.

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