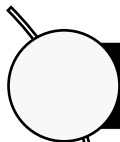
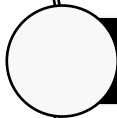


Highlight 3.6

Key Learning Points



Structuring OCD symptoms into sequences transforms confusion into clarity, revealing the predictable patterns driving the disorder.



Organizing symptoms slows OCD's rapid cycle, enabling more mindful, controlled responses to obsessional doubts and compulsions.



Observing obsessional sequences in others provides emotional distance, preparing you to better analyze your own patterns.

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