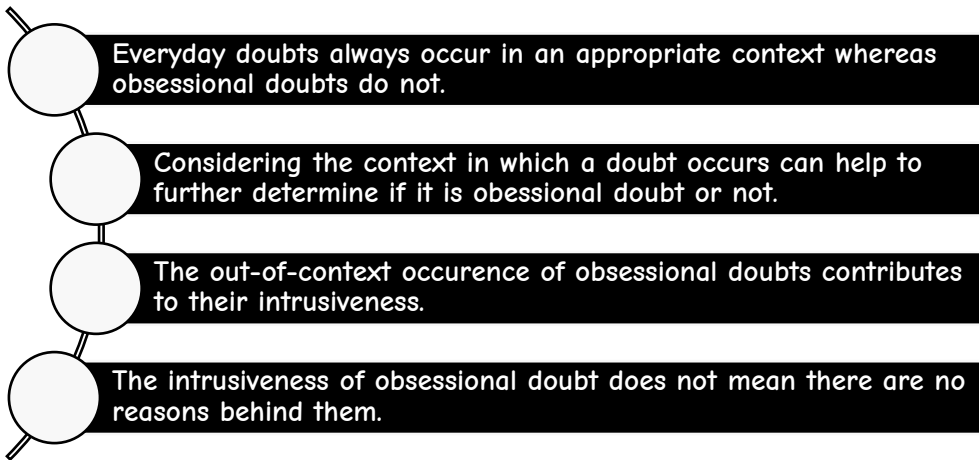


Key Learning Points

Highlight 4.3

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- Everyday doubts always occur in an appropriate context whereas obsessional doubts do not.
 - Considering the context in which a doubt occurs can help to further determine if it is obsessional doubt or not.
 - The out-of-context occurrence of obsessional doubts contributes to their intrusiveness.
 - The intrusiveness of obsessional doubt does not mean there are no reasons behind them.

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