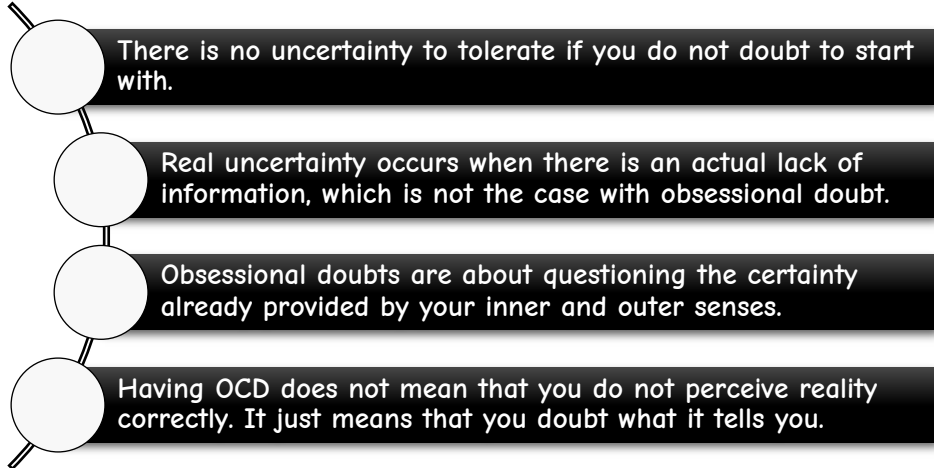


Key Learning Points

Highlight 4.4

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- There is no uncertainty to tolerate if you do not doubt to start with.
 - Real uncertainty occurs when there is an actual lack of information, which is not the case with obsessional doubt.
 - Obsessional doubts are about questioning the certainty already provided by your inner and outer senses.
 - Having OCD does not mean that you do not perceive reality correctly. It just means that you doubt what it tells you.

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