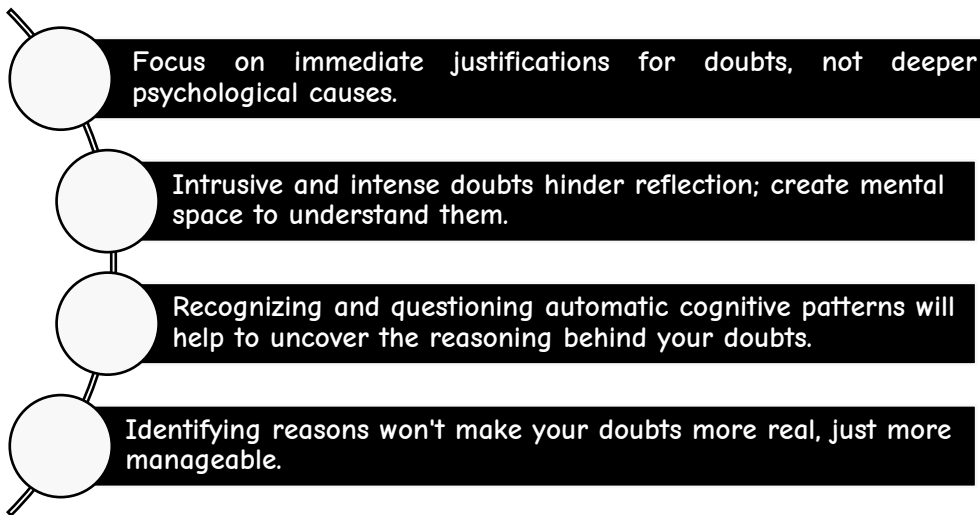


Highlight 5.3

Key Learning Points

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- Focus on immediate justifications for doubts, not deeper psychological causes.
 - Intrusive and intense doubts hinder reflection; create mental space to understand them.
 - Recognizing and questioning automatic cognitive patterns will help to uncover the reasoning behind your doubts.
 - Identifying reasons won't make your doubts more real, just more manageable.

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