

Highlight 5.4

Key Learning Points

- 1 Narratives make things real to us by providing context and meaning.
- 2 Obsessional doubts are experienced as plausible, because they combine many reasons into a convincing whole.
- 3 Obsessional narratives bridge the sensory gap between triggers and obsessional doubt in the OCD outer wheel.
- 4 These narratives can make obsessional doubts seem convincing and credible, even without direct evidence.

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