


## Highlight 5.5

### Key Learning Points

- 
- One obsessional narrative is not fundamentally different from any other.
  - Change the story and you change the power the obsessional narrative has over you.
  - Creating a new narrative should be free from the burden of the old one.
  - Focus on imagining the scenario as it is, without questioning, analyzing, or comparing it to other possibilities.

Copyright © 2024 by Frederick Aardema. Mount Royal Publishing. All Rights Reserved.

Permission is granted for personal use and use with clients. Any reproduction, distribution, or use beyond these permissions, in any form or by any means, without prior written consent, is strictly prohibited.