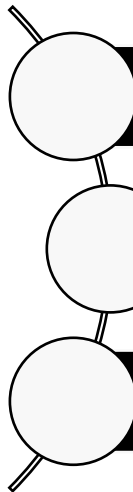


Highlight 2.9

Key Learning Points

- 
- Obsessional doubt is reinforced by justifications—such as real-world knowledge or hypothetical scenarios—that lend it a strong sense of credibility.
 - Obsessional narratives form cohesive storylines that heighten the doubt's urgency and coherence, making it harder to dismiss.
 - Creating reality-based narratives helps individuals see obsessional narratives as hypothetical, reducing OCD-driven doubt and compulsions.