

## Training Card 3.1

### *Sequencing in Realtime*

- 1** **Hold Still**  
Hold off on doing anything and get your bearings
- 2** **Retrace Your Steps**  
Ask yourself the "five questions" to identify the sequence
- 3** **The Primacy of Obsessional Doubt**  
Reflect on what remains of your symptoms without the doubt.
- 4** **Carry On**  
Continue with what you usually do.

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