

Training Card 4.1

Everyday and Obsessional Doubt

1

Take Notice

Take note of the many different kinds of doubts you experience.

2

Five Questions

Evidence; Context; Real Uncertainty; Resolution; Common sense

3

Everyday or Obsessional?

Decide whether it is an everyday or obsessional doubt

4

Imagine

Imagine what it would be like without the doubt

5

Carry On

Do whatever you normally do.

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