Form 8.2. Trick Identification Form (Inner Senses)

Inner Reality Enjoying sex with my partner	Carrier Thought Maybe I'm not as aroused as I should be	Trick	Bubble Perhaps we don't belong together
	Reflectio	n	
Inner Reality I don't have any obsessional doubts right now	Carrier Thought Maybe I harbor doubts deep down without realizing	Trick	Bubble I'll never stop doubting
	Reflectio	n	
Inner Reality Feeling frustrated and angry	Carrier Thought I once lost my temper when angry	Trick	Bubble might hurt someone
	Reflectio	n	

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Form 8.2 (Continued).

Trick Identification Form (Inner Senses)

Inner Reality I believe my values give my life meaning	Carrier Thought People sometimes change or abandon their values	Trick	Bubble Maybe my life has no meaning
	Reflectio	n 	
Inner Reality I don't feel particularly emotional right now	Carrier Thought People who don't feel emotions can	Trick	Bubble Maybe I'm a bad person who doesn't
	Reflection	n	care about others
inner Reality I feel at peace after praying and believe I have been sincere	Carrier Thought Maybe I'm just deceiving myself	Trick	Bubble Maybe I am not really devoted to my faith
	Reflectio	n	