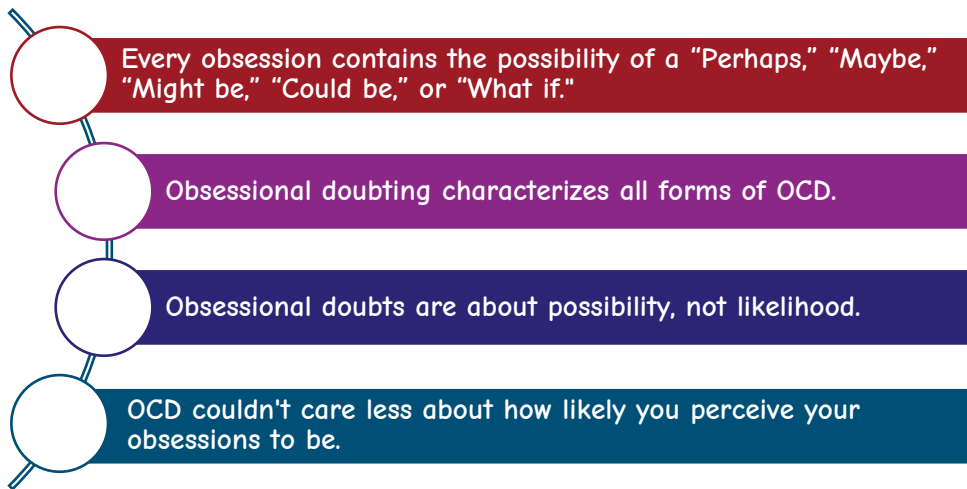


Highlight 3.2

Key Learning Points

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- Every obsession contains the possibility of a "Perhaps," "Maybe," "Might be," "Could be," or "What if."
 - Obsessional doubting characterizes all forms of OCD.
 - Obsessional doubts are about possibility, not likelihood.
 - OCD couldn't care less about how likely you perceive your obsessions to be.

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