

## Highlight 3.5

### Key Learning Points

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- Triggers are never the cause for your obsessional doubt, they just precede them.
  - Triggers are triggers only because you have obsessional doubts.
  - Internal states of mind can act as a trigger as well, but this is never the obsessional doubt itself.
  - Intrusive images or urges often represent your obsessional doubt in an imagery or motor-like format.

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