Highlight 5.4 **Key Learning Points**

Narratives make things real to us by providing context and meaning.

Obsessional doubts are experienced as plausible, because they combine many reasons into a convincing whole.

Obsessional narratives bridge the sensory gap between triggers and obsessional doubt in the OCD outer wheel.

These narratives can make obsessional doubts seem convincing and credible, even without direct evidence.

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