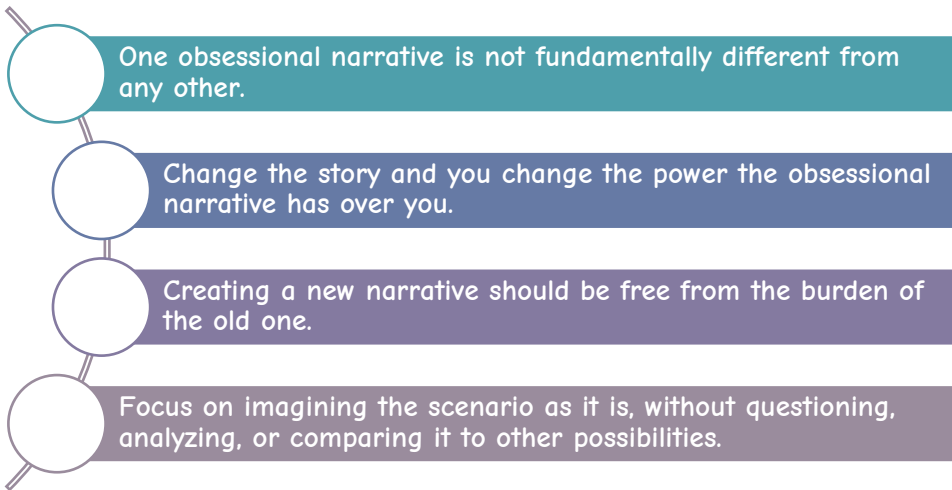


Highlight 5.5

Key Learning Points

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- One obsessional narrative is not fundamentally different from any other.
 - Change the story and you change the power the obsessional narrative has over you.
 - Creating a new narrative should be free from the burden of the old one.
 - Focus on imagining the scenario as it is, without questioning, analyzing, or comparing it to other possibilities.

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