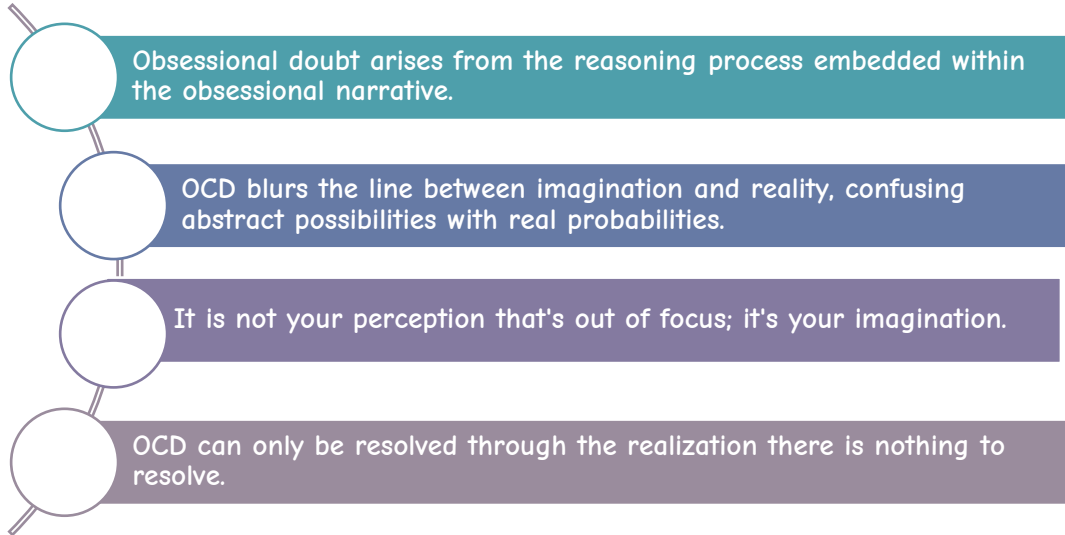


## Highlight 6.1

### Key Learning Points

- 
- Obsessional doubt arises from the reasoning process embedded within the obsessional narrative.
  - OCD blurs the line between imagination and reality, confusing abstract possibilities with real probabilities.
  - It is not your perception that's out of focus; it's your imagination.
  - OCD can only be resolved through the realization there is nothing to resolve.

**Copyright © 2025 by Frederick Aardema. Mount Royal Publishing. All Rights Reserved.**

Permission is granted for personal use and use with clients. Any reproduction, distribution, or use beyond these permissions, in any form or by any means, without prior written consent, is strictly prohibited.