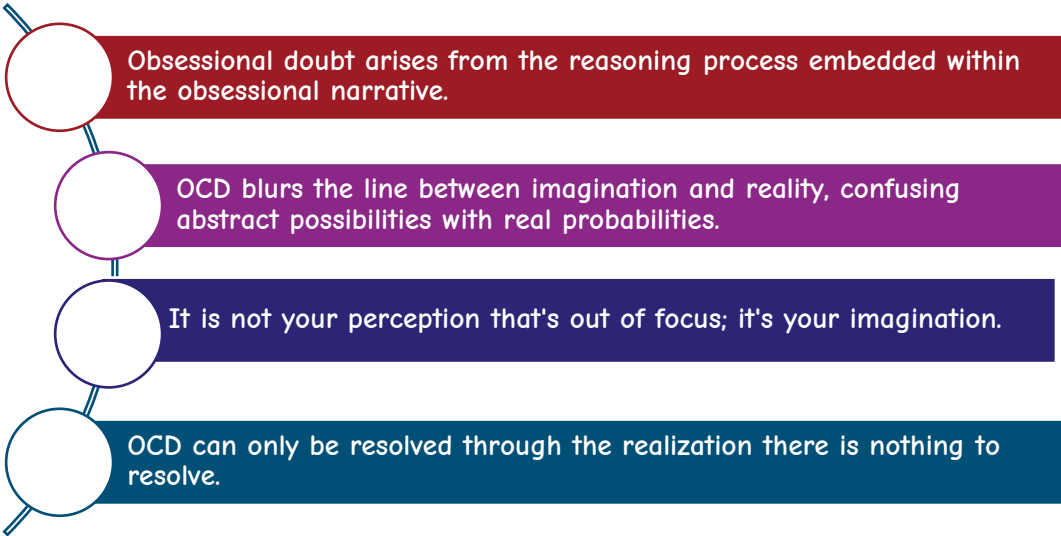


Highlight 6.1

Key Learning Points

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- 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.

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