

Highlight 6.2.

Key Learning Points: First OCD Trifecta Component



OCD undermines trust in your senses and self, forming a foundation that facilitates obsessive thinking and persistent doubt.

Distrusting your senses triggers OCD's imagination, leading to endless "what if" scenarios that feed into obsessive and intrusive thoughts.

OCD amplifies uncertainty by dismissing the senses, undermining self-knowledge, and fixating on unseen possibilities to deepen doubt.

Rebuilding trust in your senses and self-knowledge is essential to break OCD's cycle of doubt and reduce anxiety.