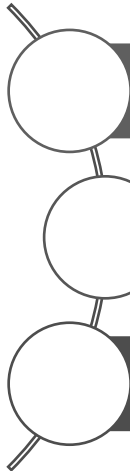


Highlight 7.3.

Key Learning Points

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- Unlike in depression or anxiety, the OCD feared self is characterized by doubt, not a stable negative self-belief.
 - The key to overcoming the obsessional feared self is recognizing it as an illusion rather than trying to disprove it.
 - The obsessional feared self exists only as long as it is questioned; stopping engagement causes its credibility to collapse.