

Table 3.2  
Examples of Secondary Consequences of Obsessional Doubts

Dimension	Obsessional Doubts	Secondary Consequences
Disturbing Thoughts	I <i>might be</i> a pervert. <i>What if</i> I suddenly hit someone?	I'm a terrible person I'll be charged for assault.
Negligence and Mistakes	<i>Perhaps</i> I forgot to unlock the door. <i>What if</i> I said something wrong during the meeting at work?	Someone could get in. People will think I'm stupid and clueless.
Contamination	<i>Perhaps</i> my house is built on a toxic landfill. I <i>might be</i> infected with a parasite.	I'll get sick over time and will die of cancer. Something disgusting will be crawling inside of me.
Symmetry, order and arrangement	<i>What if</i> I did not write that email perfectly? <i>Maybe</i> I don't remember everything as it really occurred.	People will think I'm lazy and not doing a good job. I 'd be to blame for any mistakes that were made.

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