

Trick Identification Form (Inner Senses)

Inner Reality Enjoying sex with my partner	Carrier Thought Maybe I'm not as aroused as I should be	Trick	Bubble Perhaps we don't belong together
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Reflection

Inner Reality I don't have any obsessional doubts right now	Carrier Thought Maybe I harbor doubts deep down without realizing	Trick	Bubble I'll never stop doubting
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Reflection

Inner Reality Feeling frustrated and angry	Carrier Thought I once lost my temper when angry	Trick	Bubble I might hurt someone
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Reflection

Form 8.2 (Continued).
Trick Identification Form (Inner Senses)

Inner Reality I believe my values give my life meaning	Carrier Thought People sometimes change or abandon their values	Trick	Bubble Maybe my life has no meaning
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Reflection

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Inner Reality I don't feel particularly emotional right now....	Carrier Thought People who don't feel emotions can lack empathy	Trick	Bubble Maybe I'm a bad person who doesn't care about others
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Reflection

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inner Reality <i>I feel at peace after praying and believe I have been sincere</i>	Carrier Thought Maybe I'm just deceiving myself	Trick	Bubble Maybe I am not really devoted to my faith
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Reflection

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