

Training Card 9.3.

Reality Sensing in Obsessional Situations

1

Pick the Situation

Pick an obsessional situation from your Ladder

2

Stoke the Fire

Remind Yourself of the senses to rely on

3

Quid Pro Quo

Imagine trusting reality without doubt

4

Easy Does It

Engage with the situation with ease

5

No Loitering

Move on and get on with it

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