

## 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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