

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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