

Table 3.2
Examples of Secondary Consequences of Obsessional Doubts

Dimension	Obsessional Doubts	Secondary Consequences
Disturbing Thoughts	<i>I might be a pervert. What if I suddenly hit someone?</i>	I'm a terrible person I'll be charged for assault.
Negligence and Mistakes	<i>Perhaps I forgot to unlock the door. What if I said something wrong during the meeting at work?</i>	Someone could get in. People will think I'm stupid and clueless.
Contamination	<i>Perhaps my house is built on a toxic landfill. I might be infected with a parasite.</i>	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 did not write that email perfectly? Maybe I don't remember everything as it really occurred.</i>	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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