

Table 6.1.
 Definitions at a Glance: The First Component of the OCD Trifecta (“It’s Suspect!”)

First Component	Definition
Distrust of the Senses and Self	A reasoning style characterized by a pervasive skepticism about the accuracy and reliability of one’s sensory perceptions, personal judgments, and self-knowledge, leading to an undermining of trust in one’s own experiences, memory, and logical reasoning.
Subcomponents	Definition and Distinctive Focus
Dismissal of the Inner and Outer Senses	Actively dismissing or disregarding information from the inner senses (emotions, intentions, urges) and outer senses (sight, hearing, touch, taste, smell) as irrelevant, insufficient, or unreliable for forming accurate conclusions. OCD leverages this dismissal to create uncertainty and fear, leading you to doubt the reliability of your immediate sensory experiences and making it difficult to trust what you perceive in the here-and-now. <i>Distinctive focus:</i> This subcomponent is characterized by its emphasis on discrediting direct sense information in the present moment, focusing on questioning what is immediately perceivable. It undermines trust in real-time sensory feedback, laying the groundwork for more pervasive doubts and fears to emerge.
Dismissal of Self-Knowledge and Common Sense	Systematically undermining confidence in one’s own knowledge, judgments, and decisions, including the rejection of common sense. OCD prompts questioning of memories, intentions, personal history, and basic logical reasoning, leading to a pervasive distrust in one’s own self-knowledge and the reliability of past actions. <i>Distinctive focus:</i> This subcomponent extends beyond the present moment to target broader self-knowledge, experiences, and accumulated wisdom. It causes doubt about memories, intentions, self-awareness, and even straightforward reasoning, shifting the focus from immediate sensory input to long-term understanding and decision-making.
Going Deeper in “Reality”	Moving beyond direct perception into the realm of imagination, based on the assumption that reality as immediately presented is insufficient. This process fuels unnecessary analysis, rumination, and the exploration of hypothetical scenarios that extend beyond what is directly perceivable or knowable, leading further away from reality rather than closer to it. <i>Distinctive focus:</i> This subcomponent centers on the reasoning process that compels a person to search beyond the present for hidden or deeper truths, operating under the false premise that truth lies beyond immediate perception. It involves an engagement with the unseen or invisible, which leads to a continuous cycle of overthinking and doubt in the pursuit of a truth that remains elusive and unattainable.