

Table 6.14.

“Statement of Insight” Examples Across the OCD Entrapment Cycle

Dimension	Statements of Insights
Dismissing the Inner and Outer Senses	<ul style="list-style-type: none"> I heard the door click when I locked it, so the idea that it might still be unlocked is just my OCD creating doubt. My senses are reliable. I can see my hands are clean, and I didn’t touch anything dirty. The fear of contamination is just OCD dismissing what sense.
Dismissing Self-Knowledge and Common Sense	<ul style="list-style-type: none"> I know I’ve always been careful about my hygiene, and there’s no reason to believe I’ve suddenly started being careless. OCD is just making me doubt my own history. I’ve always performed well at work, and my accomplishments are real. The idea that I’m secretly failing is just OCD undermining my common sense.
Going Deeper into 'Reality'	<ul style="list-style-type: none"> Even though I can’t see any dangerous mold, I’m imagining it might be there. But if there were mold, I would have seen or smelled signs of it by now. I can think of many hidden risks, but that doesn’t mean they’re real. If there were truly a problem, it wouldn’t just be a vague feeling—I would have concrete evidence to confirm it.
Over-Relying on Hypothetical Possibilities	<ul style="list-style-type: none"> Just because something is hypothetically possible does not make it probable or worth focusing on. I need to focus on what is based on actual evidence, not endless 'what ifs.' Many hypothetical scenarios are possible in the abstract, but that doesn’t mean they are relevant right now.
Imaginary Visual Sequences	<ul style="list-style-type: none"> These vivid scenarios are just images in my mind; they are not premonitions or reflections of what will happen. My imagination is powerful, but it does not predict the future." The things I imagine may feel real, but they are just products of my mind, not reality. I don’t have to act on or believe in these imaginary sequences."
Manipulated Reasoning Pathways	<ul style="list-style-type: none"> Just because my mind connects two ideas does not mean they are logically connected. I can challenge the assumptions my mind makes when it jumps to conclusions. OCD twists logic to make its doubts feel justified. I can recognize when my reasoning is compromised and remind myself that real evidence doesn’t support these thoughts.
Selective Use of Facts and Authorities	<ul style="list-style-type: none"> Just because an expert mentions something, it doesn’t mean it applies to my situation. I need to consider all the facts, not just those that support my fear. The facts I’m focusing on don’t reflect the reality of my current situation. I must trust the full picture, not just selective information that feeds my doubt.
False Equivalencies and Associations	<ul style="list-style-type: none"> These two events or ideas are unrelated, even if OCD tries to link them. My fear is based on an imagined connection, not a real one. Just because one thing happened in the past or to someone else doesn’t mean it’s connected to what I’m facing now. They are separate situations.
Misapplied Experience, Beliefs and Values	<ul style="list-style-type: none"> My personal standards or past experiences don’t apply to this situation. OCD is twisting my values to create unnecessary fear. Just because I made a mistake once doesn’t mean I’ll make the same mistake again. My past experiences are not predictive of every current moment.
Reversing Causal Direction	<ul style="list-style-type: none"> The sensations I’m feeling are a result of my anxiety and focus on the fear, not proof that my fear is real. My body is reacting to the intensity of my thoughts, not to any actual danger. Just because I feel something physically doesn’t mean it confirms my doubt. These sensations are created by my mind’s focus on the possibility, not by any real evidence.