

Table 6.9.

Definitions at a Glance: The Third Component of the OCD Trifecta

Third Component	Definition
Misapplied reality and Artificial Relevance	Incorrectly connecting unrelated events, ideas, or concepts, and arbitrarily applying facts, rules, or past experiences to justify current obsessional doubts. OCD selectively uses elements from reality to support imagined fears.
Subcomponents	Definition and Distinctive Focus
Selective Use of Facts and Authorities	Using abstract facts or selectively quoting authorities to support conclusions that don't directly relate to the present situation. OCD cherry-picks information to justify doubts while ignoring contradictory evidence. <i>Distinctive focus:</i> Emphasizes the distortion and misuse of information to fit OCD's narrative, with a focus on selectively applying facts or authority inappropriately.
False Equivalencies and Associations	Mistaking two distinct events, ideas, or concepts as connected or similar, leading to erroneous associations. OCD sees patterns or causal relationships where none exist. <i>Distinctive focus:</i> Emphasizes the incorrect linkage of unrelated concepts, leading to false patterns of relevance or causality.
Misapplied Experience, Beliefs and Values	Using personal experiences, values, or standards to justify obsessional doubts, even when they are irrelevant to the current situation. OCD twists internalized principles or past experiences to falsely confirm present fears. <i>Distinctive focus:</i> Centers on the misapplication of personal experiences, belief and values which are incorrectly applied to specific scenarios, resulting in obsessional doubt and compulsive behavior.

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