

Training Card 3.1

Sequencing in Realtime

- 1** **Hold Still**
Hold off on doing anything and get your bearings
- 2** **Retrace Your Steps**
Ask yourself the "five questions" to identify the sequence
- 3** **The Primacy of Obsessional Doubt**
Reflect on what remains of your symptoms without the doubt.
- 4** **Carry On**
Continue with what you usually do.

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