

Training Card 4.1

Everyday and Obsessional Doubt

- 1** **Take Notice**
Take note of the many different kinds of doubts you experience.
- 2** **Five Questions**
Evidence; Context; Real Uncertainty; Resolution; Common sense
- 3** **Everyday or Obsessional?**
Decide whether it is an everyday or obsessional doubt
- 4** **Imagine**
Imagine what it would be like without the doubt
- 5** **Carry On**
Do whatever you normally do.

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