

## Training Card 7.1.

### Unmasking the Selectivity of Obsessional Doubt

- 1** **Choose a Non-OCD-Affected Area of Life**  
Pick an area of life where doubt never arises.
- 2** **Apply OCD's Reasoning Tricks**  
Force OCD's Reasoning Tricks on the situation.
- 3** **Observe the Lack of Impact**  
Notice how they do not stick because of no vulnerable and feared self.
- 4** **Recognize how Selectivity Proves Irrelevance**  
Identify how OCD's selectivity proves the irrelevancy of your obsessional doubts
- 5** **Document Your Insights**  
Reinforce the Real Narrative with what you've learned