

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 irrelevance of your obsessional doubts.
- 5** Document Your Insights
Reinforce the Real Narrative with what you've learned.

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