

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.