

Form 3.1.  
What Do Obsessional Doubts Challenge

Obsessional Doubt

"I might be gay."

- Calls into Question: .....

Obsessional Doubt

"What if I live in a virtual world?"

- Calls into Question: .....

Obsessional Doubt

"My heart might be beating irregular."

- Calls into Question: .....

Obsessional Doubt

"Maybe I do not love my partner enough."

- Calls into Question: .....

Obsessional Doubt

"My food might be poisoned"

- Calls into Question: .....
- Calls into Question: .....
- Calls into Question: .....
- Calls into Question: .....