

Form 5.1. First Case : _____
Potential reasons behind obsessional doubts

Condensed Primary Doubt(s)

Abstract facts and ideas — Things that you know or believe to be true in general.

- a.
- b.
- c.

Personal experience — Your own personal experience, past or present

- a.
- b.
- c.

Values, standards and rules — The way of doing things according to an accepted principle.

- a.
- b.
- c.

Authorities — A person, institution or organization that is perceived as important.

- a.
- b.
- c.

Hearsay and news — Information that you got from other people, substantiated or not.

- a.
- b.
- c.

Anything else — Anything that does not fit well in the previous categories

- a.
- b.
- c.