

Form 5.3.
Reasons Behind My Obsessional Doubts

<i>Condensed Primary Doubt(s)</i>
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.