

OCD Trick Observation Form: Distrust of the Senses or Self

Condensed Primary Doubt

Subcomponent One — Dismissing the Inner and Outer Senses

1. _____
2. _____
3. _____
4. _____
5. _____

Subcomponent Two — Dismissal of Self-Knowledge and Common Sense

1. _____
2. _____
3. _____
4. _____
5. _____

Subcomponent Three: Going Deeper in "Reality"

1. _____
2. _____
3. _____
4. _____
5. _____