

OCD Trick Observation Form: Misapplied Reality and Artificial Relevance

Condensed Primary Doubt

Subcomponent One — Selective Use of Facts and Authorities

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

Subcomponent Two — False Equivalencies and Associations

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

Subcomponent Three: Misapplied Experience, Beliefs and Values

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