

Form 6.4.

## OCD Trick Observation Form: Reversing Causal Direction

Condensed Primary Doubt

---

1.

---

2.

---

3.

---

4.

---

5.

---

6.

---

**Copyright © 2025 by Frederick Aardema. Mount Royal Publishing. All Rights Reserved.**

Permission is granted for personal use and use with clients. Any reproduction, distribution, or use beyond these permissions, in any form or by any means, without prior written consent, is strictly prohibited.