

Highlight 3.6

Key Learning Points



Structuring OCD symptoms into sequences transforms confusion into clarity, revealing the predictable patterns driving the disorder.



Organizing symptoms slows OCD's rapid cycle, enabling more mindful, controlled responses to obsessional doubts and compulsions.



Observing obsessional sequences in others provides emotional distance, preparing you to better analyze your own patterns.

Copyright © 2024 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.