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| Case Formulation | | |
| Formulation Statement | Content of Component | Component |
| If I am exposed to this trigger: |  | *Obsessional trigger* |
| And I do not neutralize the threat by engaging in these behaviors: |  | *Compulsions* |
| Then this catastrophe will occur: |  | *Core Fear* |
| I also avoid these situations due to my fear: |  | *Other Avoidant Behaviors* |