

Client Quiz 1

When OCD Begins

1. OCD begins with . . .
 - a feeling of tiredness
 - a doubt
 - seeing something wrong
 - none of the above

2. A doubt is about . . .
 - a need for control
 - a possibility
 - lacking confidence in life
 - none of the above

3. Thinking you might become contaminated and get ill is . . .
 - a sign of being ill
 - a consequence of a doubt
 - the primary thought responsible for your symptoms
 - none of the above

4. Without obsessional doubt . . .
 - you would not feel anxious
 - you would have no compulsions
 - you would have no other OCD symptoms
 - all of the above.

5. In which of the following subtypes of OCD does obsessional doubt play a crucial role?
 - Checking the stove
 - Repeatedly washing hands
 - Aligning things symmetrically
 - Harming self or others
 - Hoarding
 - All of the above

Client Quiz 2

The Logic Behind OCD

1. Obsessional doubts are...
 - always correct.
 - preceded by reasoning.
 - sometimes realistic.
 - none of the above.

2. Obsessional doubts . . .
 - have justifications behind them.
 - come out of the blue.
 - ask normal questions.
 - all of the above.

3. The reasoning behind obsessional doubt...
 - is sometimes based on possibilities.
 - follows a logic.
 - makes the doubt seem likely.
 - all of the above.

4. The reasoning justifying the doubt may come from...
 - abstract facts.
 - general rules.
 - hearsay.
 - all of the above.

5. The difference between normal and obsessional reasoning is that...
 - obsessional reasoning is more logical.
 - normal reasoning is about the here and now.
 - normal reasoning concerns more dangerous topics.
 - none of the above.

6. Obsessional doubts are relevant because...
 - they are possible in the abstract.
 - they are based on valid reasoning.
 - they are telling me new facts.
 - none of the above.

Please check your answers by referring to the Quiz Answers Sheet.

Client Quiz 3

The Obsessional Story

1. Behind every obsession there is...
 - o a core belief.
 - o a story giving credibility to the doubt.
 - o a phobia.
 - o none of the above.

2. The story determines...
 - o the credibility of the obsession.
 - o the truth of the obsession.
 - o how I act in general.
 - o the real facts.

3. An obsession can be created by...
 - o asking someone else to repeat a story.
 - o you creating a story.
 - o suppressing the story.
 - o changing the situation.

4. The story takes the form of a narrative because...
 - o a narrative can be lived in.
 - o a narrative paints a convincing context.
 - o a narrative flows along.
 - o all the above.

5. Individual thoughts can be converted into narrative units by...
 - o placing the words together.
 - o a magic formula.
 - o telling a story connecting them.
 - o saying the thoughts out loud.

Please check your answers by referring to the Quiz Answers Sheet.

Client Quiz 4

The Vulnerable Self-Theme

1. My OCD self-theme is . . .
 - a personality trait.
 - the same for everyone.
 - a true story.
 - about who OCD says I could become.

2. My OCD self-theme . . .
 - is who I really am.
 - determines the theme of my obsessions.
 - can't be changed.
 - helps me be someone.

3. My OCD self-theme:
 - is all I've got.
 - cons me into doing rituals.
 - tells me the truth.
 - needs to be taken seriously.

4. My OCD self:
 - is based on doubt.
 - is how others perceive me.
 - is realistic.
 - should be the basis for my actions.

5. I'm basically empty, so:
 - OCD fills me up.
 - OCD gives me a true identity.
 - I could be nothing without OCD.
 - OCD hides my true self.

6. I can find my OCD self-theme by:
 - reading a novel.
 - noting the common thread to my daily OCD doubts.
 - meditating.
 - asking other people.

Please check your answers by referring to the Quiz Answers Sheet.

Client Quiz 5

OCD Is 100% Imaginary

1. The phrase 'OCD is 100% imaginary' means that . . .
 - o you do not perceive correctly.
 - o there is no direct evidence in the here and now.
 - o the doubt is not possible.
 - o none of the above.

2. 'Direct evidence' always refers to . . .
 - o what your physical senses tell you.
 - o what you can actually perceive.
 - o your real bodily reactions.
 - o all of the above.

3. The fact that there is never any direct evidence for the obsessional doubt tells you that obsessional doubt comes from . . .
 - o relying on remote possibilities.
 - o your own subjective reasoning.
 - o relying entirely on your imagination during reasoning.
 - o all of the above.

4. A doubt is obsessional when . . .
 - o it is too intelligent.
 - o it makes you do things you do not want to do.
 - o it occurs without any direct evidence or justification from reality.
 - o it makes you very scared.

5. Relying solely on the imagination during reasoning . . .
 - o is adaptive.
 - o is positive.
 - o takes you away from real perception.
 - o all of the above.

6. Relying solely on the imagination during reasoning about what might be there in reality makes you . . .
 - o phobic.
 - o more profound.
 - o have obsessional doubts.
 - o less intelligent.

Please check your answers by referring to the Quiz Answers Sheet.

Client Quiz 6

OCD doubts are 100% irrelevant

1. Possibilities that justify a particular obsessional doubt are ...
 - impossible.
 - not relevant.
 - relevant when they are facts.
 - none of the above.

2. Obsessional doubt is completely irrelevant ...
 - because there is 0% justification in the here and now for the doubt.
 - because the doubt originates 100% from the imagination.
 - because the doubt comes entirely from you rather than reality.
 - all of the above.

3. When reasoning about a practical state of affairs in reality, possibilities should be considered only when ...
 - you want to understand ultimate reality.
 - there is at least some basis in the here and now to justify the possibility.
 - you feel creative.
 - none of the above.

4. Your reasoning about situations unrelated to the OCD ...
 - shows that you reason differently from the OCD situation.
 - involves possibilities as well.
 - includes possibilities that have some justification in the here and now.
 - all of the above.

5. Which of the following is true?
 - All is possible, so I should consider all possibilities.
 - Inventing possibilities keeps me safe.
 - The possible and the real are all the same.
 - None of the above.

6. Obsessional behavior can be completely resolved if:
 - I challenge the rationality of my obsession.
 - I resist ritualization.
 - I distract myself.
 - I realize that the doubt is irrelevant and dismiss it.

Please check your answers by referring to the Quiz Answers Sheet.

Client Quiz 7

The OCD Bubble

1. OCD makes itself believable by...
 - making you confuse imagination with reality.
 - going beyond the senses.
 - disconnecting you from reality.
 - all of the above.

2. Allowing yourself to go into the OCD Bubble makes you ...
 - less secure and more unsafe.
 - feel better.
 - doubt less.
 - none of the above.

3. Reality-based doubt differs from obsessional doubt in that ...
 - there is a solution to it.
 - it uses sense information.
 - it will never lead to compulsive behaviors.
 - all of the above.

4. Being inside the OCD Bubble ...
 - makes it very difficult to resist compulsions.
 - will increase the likelihood you will end up there again.
 - is best dealt with by not going there in the first place.
 - all of the above.

5. In the OCD Bubble, you are ...
 - more likely to contact reality.
 - more likely to be unaware of surroundings.
 - better able to cope.
 - least exposed to risk.

Please check your answers by referring to the Quiz Answers Sheet.

Client Quiz 8

Reality Sensing

1. Obsessional doubts are wrong and false because...

- they make you feel terrible.
- they are totally impossible.
- they go against reality.
- none of the above.

2. Reality sensing is about...

- trusting your senses without effort.
- something you already know how to do.
- keeping the OCD at bay.
- all of the above.

3. Overusing the senses occurs when you are...

- 'staring' instead of 'looking'.
- in the OCD Bubble rather than in reality.
- not really trusting your senses.
- all of the above.

4. If I feel I haven't done enough to see . . .

- this means I'm incompetent.
- I will endanger myself.
- it is OCD making me doubt.
- my seeing is deficient.

5. Reality sensing includes trusting...

- my five senses and my common sense.
- questioning what I really feel.
- seeking reassurance.
- keeping a written note of all I see.

Please check your answers by referring to the Quiz Answers Sheet.

Client Quiz 9

A Different Story

1. The alternative story is...
 - to replace the OCD story.
 - to highlight the storied nature of the OCD.
 - to create another obsession.
 - to go off into the imagination for no reason.

2. The story needs to be...
 - made up straight away.
 - built up bit by bit.
 - taken from somewhere else.
 - be mechanical.

3. The story needs to be...
 - rehearsed reflectively.
 - learnt by rote.
 - read to me by someone else.
 - left in a drawer.

4. The story makes me aware that...
 - the OCD story is just a story.
 - the OCD story is wrong and hurtful.
 - you can't believe anything.
 - I'm a good politician.

5. The story is narrated...
 - as a simple phrase.
 - as a series of statements.
 - as a tape recording.
 - as a narrative.

6. In order to be convincing, the OCD story...
 - includes as much realistic details as possible.
 - relates to strange experiences or observations.
 - avoids all speculation.
 - is related in the third person.

Please check your answers by referring to the Quiz Answers Sheet.

Client Quiz 10

Tricks of the OCD Con Artist

1. The tricks of OCD are...
 - convincing.
 - part of my OCD story.
 - too difficult to catch.
 - none of the above.

2. Mismatching can consist of...
 - matching up two different unrelated categories.
 - an irrelevant association.
 - using out-of-context facts in your OCD story.
 - all of the above.

3. Living the fear...
 - can overwhelm you emotionally.
 - makes it difficult to tell the difference between reality and imagination.
 - occurs after you have already begun to doubt.
 - all of the above.

4. Going deep...
 - reveals the true nature of reality.
 - is just another thought removing you further from reality.
 - makes your OCD more profound.
 - all of the above.

5. Blending occurs when...
 - a positive term is mixed up with an OCD behavior.
 - you agree with the OCD.
 - you perform a series of rituals.
 - you disguise your OCD.

6. To counter the OCD con artist...
 - you look at its arguments from every angle.
 - you see how the arguments do not relate to reality in here and now.
 - you argue as best as you can with it.
 - none of the above.

Client Quiz 11

The Real Self

1. My real self . . .
 - o is similar to my OCD self.
 - o is often the complete opposite.
 - o is an unknown quantity.
 - o fluctuates.

2. My knowledge of my real self . . .
 - o is built up by observing what I am in real life.
 - o is discovered by personality test.
 - o is too difficult to find out.
 - o is who I assume I am.

3. Sources for discovering my real self-include . . .
 - o knowing my feelings and accomplishments.
 - o slips in Chinese cookies.
 - o the latest brain machine.
 - o what I imagine people think of me.

4. When I ask people who I am . . .
 - o they will lie to please me.
 - o each will see a different person and I'll be confused.
 - o they will all be wrong.
 - o they may all mention authentic traits which are all different.

5. My authentic self is shown by . . .
 - o trusting OCD.
 - o my real goals and values in life.
 - o pretending to be another person.
 - o reflecting and meditating about the meaning of life.

6. The OCD self . . .
 - o is partly true.
 - o goes against my real self and camouflages reality.
 - o is the person deep down I might become.
 - o is a person I might become in the future.

Client Quiz 12

Knowing and Doing: Moving On and Preventing Relapse

1. Knowing and doing...
 - o are two completely different operations.
 - o can never easily go together.
 - o are related since doing is a natural consequence of knowing in the right way.
 - o take a lot of courage.

2. Keeping what I have learned is...
 - o very fragile and could disappear tomorrow.
 - o is learned and will never completely go away.
 - o depends on how I feel.
 - o depends on how stressed I am.

3. The way to keep progressing is to...
 - o keep practicing and rehearsing what I have learned.
 - o read as many books on OCD as I can.
 - o try to repeat in my head the key points of the worksheets and exercise sheets.
 - o stay calm.

4. Integrating IBT implies...
 - o I automatically apply what I have learned without effort.
 - o I need to constantly repeat what I should know.
 - o I carry prompt cards around with me.
 - o I tell other people about IBT.

5. If I continue to rehearse IBT...
 - o OCD will get worse.
 - o OCD will be resolved/in remission.
 - o I'll still have bad emotions.
 - o I'll still believe a little in obsessions.

6. Relapse prevention involves...
 - o identifying future high-risk situations that result in self-doubt.
 - o learning from slips to better cope the next time.
 - o keeping confident about my progress.
 - o all the above.