Client Quiz 1
When OCD Begins

(Please check all answers which apply)

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

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

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

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

5. The thought that you hurt someone if you ran over the person in your car is . . .
   - o Irrational.
   - o a sign that you worry too much.
   - o realistic if the initial doubt ‘maybe I ran over the person’ is correct.
   - o none of the above,

6. In which of the following subtypes of OCD does obsessional doubt play a crucial role?
   - o Checking
   - o Washing
   - o Symmetry
   - o Obsessions about harm
   - o Hoarding
   - o All of the above

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