

## Client Quiz 10

### Tricks and Cheats of the OCD Con Artist

1. The tricks and cheats of the 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 behaviour.
  - 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.

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