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.