Client Quiz 11
The Real Self

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

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

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

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

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

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

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