Client Quiz 12
Knowing and Doing: Moving On and Preventing Relapse

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

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

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

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

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

6. Relapse prevention involves . . .
   - identifying future high-risk situations touching my self-doubt.
   - analysing any slips to better cope next time.
   - keeping confident about my progress.
   - all the above.

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