

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.