Client Quiz 3
The Obsessional Story

1. Behind every obsession there is…
   - a core belief.
   - a story giving credibility to the doubt.
   - a phobia.
   - none of the above.

2. The story determines…
   - the credibility of the obsession.
   - the truth of the obsession.
   - how I act in general.
   - the real facts.

3. An obsession can be created by…
   - asking someone else to repeat a story.
   - you creating a story.
   - suppressing the story.
   - changing the situation.

4. The story takes the form of a narrative because…
   - a narrative can be lived in.
   - a narrative paints a convincing context.
   - a narrative flows along.
   - all the above.

5. Individual thoughts can be converted into narrative units by…
   - placing the words together.
   - a magic formula.
   - telling a story connecting them.
   - saying the thoughts out loud.

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