

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.