

## Client quiz 4

### The Vulnerable Self-Theme

1. My OCD self-theme is . . .
  - a personality trait.
  - the same for everyone.
  - a true story.
  - about who OCD says I could become.
  
2. My OCD self-theme . . .
  - is who I really am.
  - determines the theme of my obsessions.
  - can't be changed.
  - helps me be someone.
  
3. My OCD self-theme:
  - is all I've got.
  - cons me into doing rituals.
  - tells me the truth.
  - needs to be taken seriously.
  
4. My OCD self:
  - is based on doubt.
  - is how others perceive me.
  - is realistic.
  - should be the basis for my actions.
  
5. I'm basically empty, so:
  - OCD fills me up.
  - OCD gives me a true identity.
  - I could be nothing without OCD.
  - OCD hides my true self.
  
6. I can find my OCD self theme by:
  - reading a novel.
  - noting the common thread to my daily OCD doubts.
  - meditating.
  - asking other people.

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