Client quiz 4
The Vulnerable Self-Theme

1. My OCD self-theme is . . .
   o a personality trait.
   o the same for everyone.
   o a true story.
   o about who OCD says I could become.

   o is who I really am.
   o determines the theme of my obsessions.
   o can’t be changed.
   o helps me be someone.

3. My OCD self-theme:
   o is all I’ve got.
   o cons me into doing rituals.
   o tells me the truth.
   o needs to be taken seriously.

4. My OCD self:
   o is based on doubt.
   o is how others perceive me.
   o is realistic.
   o should be the basis for my actions.

5. I’m basically empty, so:
   o OCD fills me up.
   o OCD gives me a true identity.
   o I could be nothing without OCD.
   o OCD hides my true self.

6. I can find my OCD self theme by:
   o reading a novel.
   o noting the common thread to my daily OCD doubts.
   o meditating.
   o asking other people.

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