Client Quiz 5
OCD Is 100% Imaginary

1. The phrase ‘OCD is 100% imaginary’ means that . . .
   - you do not perceive correctly.
   - there is no direct evidence in the here and now.
   - the doubt is not possible.
   - none of the above.

2. ‘Direct evidence’ always refers to . . .
   - what your physical senses tell you.
   - what you can actually perceive.
   - your real bodily reactions.
   - all of the above.

3. The fact that there is never any direct evidence for the obsessional doubt tells you that obsessional doubt comes from . . .
   - relying on remote possibilities.
   - your own subjective reasoning.
   - relying entirely on your imagination during reasoning.
   - all of the above.

4. A doubt is obsessional when . . .
   - it is too intelligent.
   - it makes you do things you do not want to do.
   - it occurs without any direct evidence or justification from reality.
   - it makes you very scared.

5. Relying solely on the imagination during reasoning . . .
   - is adaptive.
   - is positive.
   - takes you away from real perception.
   - all of the above.

6. Relying solely on the imagination during reasoning about what might be there in reality makes you . . .
   - phobic.
   - more profound.
   - have obsessional doubts.
   - less intelligent.

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