

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.