

Client Quiz 6

OCD doubts are 100% irrelevant

1. Possibilities that justify a particular obsessional doubt are ...
 - impossible.
 - not relevant.
 - relevant when they are facts.
 - none of the above.

2. Obsessional doubt is completely irrelevant ...
 - because there is 0% justification in the here and now for the doubt.
 - because the doubt originates 100% from the imagination.
 - because the doubt comes entirely from you rather than reality.
 - all of the above.

3. When reasoning about a practical state of affairs in reality, possibilities should be considered only when ...
 - you want to understand ultimate reality.
 - there is at least some basis in the here and now to justify the possibility.
 - you feel creative.
 - none of the above.

4. Your reasoning about situations unrelated to the OCD ...
 - shows that you reason differently from the OCD situation.
 - involves possibilities as well.
 - includes possibilities that have some justification in the here and now.
 - all of the above.

5. Which of the following is true?
 - All is possible, so I should consider all possibilities.
 - Inventing possibilities keeps me safe.
 - The possible and the real are all the same.
 - None of the above.

6. Obsessional behaviour can be completely resolved if:
 - I challenge the rationality of my obsession.
 - I resist ritualization.
 - I distract myself.
 - I realize that the doubt is irrelevant and dismiss it.

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