Client Quiz 6

OCD doubts are 100% irrelevant

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

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

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

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

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

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

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