

Client Quiz 7

The OCD Bubble

1. OCD makes itself believable by ...
 - making you confuse imagination with reality.
 - going beyond the senses.
 - disconnecting you from reality.
 - all of the above.

2. Allowing yourself to go into the OCD Bubble makes you ...
 - less secure and more unsafe.
 - feel better.
 - doubt less.
 - none of the above.

3. Reality-based doubt differs from obsessional doubt in that ...
 - there is a solution to it.
 - it uses sense information.
 - it will never lead to compulsive behaviours.
 - all of the above.

4. Being inside the OCD Bubble ...
 - makes it very difficult to resist compulsions.
 - will increase the likelihood you will end up there again.
 - is best dealt with by not going there in the first place.
 - all of the above.

5. In the OCD Bubble, you are ...
 - more likely to contact reality.
 - more likely to be unaware of surroundings.
 - better able to cope.
 - least exposed to risk.

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