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.