

Client Quiz 8

Reality Sensing

1. Obsessional doubts are wrong and false because...
 - they make you feel terrible.
 - they are totally impossible.
 - they go against reality.
 - none of the above.

2. Reality sensing is about...
 - trusting your senses without effort.
 - something you already know how to do.
 - keeping the OCD at bay.
 - all of the above.

3. Overusing the senses occurs when you are...
 - 'staring' instead of 'looking'.
 - in the OCD Bubble rather than in reality.
 - not really trusting your senses.
 - all of the above.

4. If I feel I haven't done enough to see . . .
 - this means I'm incompetent.
 - I will endanger myself.
 - it is OCD making me doubt.
 - my seeing is deficient.

5. Reality sensing includes trusting...
 - my five senses and my common sense.
 - questioning what I really feel.
 - seeking reassurance.
 - keeping a written note of all I see.

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