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.