Client Quiz 9
A Different Story

1. The alternative story is…
   - to replace the OCD story.
   - to highlight the storied nature of the OCD.
   - to create another obsession.
   - to go off into the imagination for no reason.

2. The story needs to be…
   - made up straight away.
   - built up bit by bit.
   - taken from somewhere else.
   - be mechanical.

3. The story needs to be…
   - rehearsed reflectively.
   - learnt by rote.
   - read to me by someone else.
   - left in a drawer.

4. The story makes me aware that…
   - the OCD story is just a story.
   - the OCD story is wrong and hurtful.
   - you can’t believe anything.
   - I’m a good politician.

5. The story is narrated…
   - as a simple phrase.
   - as a series of statements.
   - as a tape recording.
   - as a narrative.

6. In order to be convincing, the OCD story…
   - includes as much realistic details as possible.
   - relates to strange experiences or observations.
   - avoids all speculation.
   - is related in the third person.

Please check your answers by referring to the Quiz Answers Sheet.
"Just **double** checking the lamp is switched off, dear."

**Cartoon 12.** Where's the sense?