

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?