

OCD CBT QUIZ

SECTION 1) ANSWERS: What is helpful to plan or do before a task

	<i>Before I attempt a task, it is helpful to . . .</i>	True or False	Why?
1.1	. . . plan what, when, where and how often I will do the task	TRUE	You are more likely to succeed in your task if you make a plan, which is as specific as possible. For example, what you will do, what you are predicting, where you will do it, when you will do it, and how often you will do it. Knowing what you hope to achieve and what to expect will make the tasks easier to complete. Remember to keep a record of what you plan to do and when you have done it, record the outcome of what you learnt and discuss it with your therapist if you have one.
1.2	. . . generally follow my plan and do the task when and how often I say I will	TRUE	It will be helpful if you can now follow the plan that you make! If you can't generally follow it then it may be an unrealistic plan and you need to discuss this with your therapist if you have one.
1.3	. . . put the task off for another day if I feel anxious, 'not right' or down in my mood	FALSE	You will be more successful if you stick to your plan and do the task despite how you feel. Delaying a task can make it harder to start. Try to be guided by what is important in your life, and not by how you feel or by what your OCD is trying to make you do.
1.4	. . . make a specific prediction about what I will expect (e.g. how I will cope) or need to test out that you can reflect on this after the task	TRUE	It is helpful to make a prediction about what you need to test out so you can reflect on the results after the task. A statement such as 'I will feel anxious' is not sufficiently specific, for example. It is more helpful to test a prediction that you will be able to tolerate the feelings, and that the results best fit with one of two ideas (e.g. the idea that (A) you have a problem with causing harm or (B) you have a problem with <i>worrying</i> about causing harm.
1.5	. . . choose tasks that are challenging and anxiety provoking (i.e. not things I can already do on most days)	TRUE	There's not much benefit in choosing tasks which are only slightly challenging as there is not a lot you can learn from them – try to choose tasks which are sufficiently anxiety-provoking so that when you succeed you can take a step forward.
1.6	. . . have specific goals that are important to me and that I want to achieve both in the short and long term	TRUE	You are more likely to succeed if you choose tasks that have meaning for you and are linked to what is important in your life. A short-term goal might be something you want to achieve before your next session. A long-term goal might be something you want to achieve by the end of therapy.
1.7	. . . do the task only when I <i>feel</i> confident or 'just right'	FALSE	You could be waiting a long time! Feelings are not facts and it's best to do the task for when you plan it. Waiting to feel confident or 'just right' is like 'putting the cart before the horse' – you get the confidence from completing the task unconfidently.
1.8	. . . think about what I am being asked to do very	FALSE	Thinking very carefully about what you are being asked to do is a way of trying to reassure yourself that what you will do is safe. It is more helpful to

	carefully to make sure that it is safe or right before I do it		act on your plan to test out what you are expecting and to tolerate the uncertainty or doubts that you experience.
1.9	. . . have a good understanding as to why I am being asked to do it and how, for example, it relates to me overcoming my problem	TRUE	You are more likely to succeed if you understand <i>why</i> you are being asked to do something you feel could be unsafe or risky. Thus, it is important to have a good understanding of how your OCD works and that by doing the tasks you are being asked to do this helps you to test out your fears and to reflect on the results after the task.
1.10	. . . plan challenging tasks that will help me to do the things that I want in life (e.g. in my job, education, relationships, or social life)	TRUE	You are more likely to succeed if you can choose tasks that are relevant to what is important in your life. It may be helpful to choose tasks that are not relevant to your life, but you are more likely to succeed if you choose tasks which relate to your values (e.g. part of being a good parent or friend).
1.11	. . . be involved in planning tasks with my therapist, and coming up with ideas that may make feel anxious or 'not right'	TRUE	You are an expert on yourself and your therapist (if you have one) is an expert on change. He/she therefore needs your input to understand what would be challenging to you. Planning together will enable you to try more meaningful tasks. Your therapist may sometimes come up with ideas that seem extreme, but you will never be forced to do anything. However, the tasks are designed to help you overcome your OCD and if you don't understand why you are being asked to do something, ask your therapist to explain it better.
1.12	. . . repeatedly review the evidence about whether the task is safe or not (e.g. reassure myself that I used to do it or that I have been told that it is safe or 'right')	FALSE	It is not helpful to repeatedly review the evidence because this develops into a mental ritual or self-reassurance. It interferes with your ability to tolerate the doubts. Actions always speak louder than words, so just do it.
1.13	. . . choose tasks that do not trigger my OCD and find ways around experiencing anxiety or feeling 'not right'	FALSE	It is more helpful to choose tasks that will trigger your fears to help you learn to tolerate your anxiety. It is hard, but you will learn much more by finding tasks that are challenging.
1.14to only do the task when I am absolutely certain that it is safe or that I will feel 'right'	FALSE	If you only do the task when you are certain it is safe, then you are unlikely to do it very often. Only doing the task when you think it is safe, or when you believe that nothing bad will happen, defeats the purpose of testing out your fears and finding alternative more realistic explanations for your problem.
1.15	. . . have an alcoholic drink or take tranquilizing medication to make me feel calmer before I begin the task	FALSE	It is <i>not</i> helpful to take alcohol or tranquilizing medication if it emotionally numbs you or prevents you from tolerating anxiety. Alcohol, substances or tranquilizers are a form of emotional avoidance.
1.16	. . . make a plan of the tasks I need to complete with	TRUE	It is helpful to divide your tasks into broad categories (e.g. easy, moderate, hard) so that you

	some indication of how hard I will find them (e.g. categorize tasks into ones that are easy, moderate and hard)		can start with some tasks in the easy and moderate category and then jump around with tasks from the hard category. You'll get most progress from the moderate and hard categories. Remember that you might be predicting a task to be much harder than it really is.
1.17	. . . talk to myself in a harsh and critical tone of voice (for example tell myself to get through the task as quickly as I can or not to be so stupid)	FALSE	It is more helpful to talk to yourself in a kind, understanding and supportive voice that will help generate courage before a task. Try not to judge yourself and accept it is tricky to have a part of your mind that is designed to keep you safe. Lastly, try to not to rush yourself – a task needs to be done with sufficient time for you to take in what you are doing.
1.18be motivated and willing to engage in tasks that are challenging or difficult	TRUE	It is helpful to be motivated and to choose tasks that are challenging and will stretch you.
1.19	. . . just focus on cutting down on my rituals and not on the situations or activities that I am avoiding or challenging	FALSE	It is important to stop compulsions, but it is even more important to combine this with tolerating the anxiety and testing out your fears by doing the things that you are avoiding.
1.20 think about possible problems that may occur during a task and work out how to overcome them	TRUE	It is helpful to plan a task to identify the obstacles and work out how you will overcome them.
1.21	. . . tell myself repeatedly that what I am planning to do is likely to be safe or that I will feel 'right'	FALSE	It is not helpful to repeatedly remind yourself that a task is safe – this is a form of reassurance or a ritual. It is more helpful to tolerate the uncertainty and test out your predictions.

SECTION 2) ANSWERS What you do *during* the task when you feel the most anxiety or disgust

	<i>During the task, it is helpful to . . .</i>	True or False	Why?
2.1	. . . try to <i>force myself</i> to relax and keep calm when I feel very anxious or 'not right'	FALSE	It is impossible to force yourself to relax and keep calm when you are very anxious! Trying too hard to make yourself relaxed will probably make you more anxious. One of the aims of the task is to learn to tolerate the anxiety; trying to control your feelings and force yourself to relax will make it more difficult.
2.2	. . . <i>tolerate</i> the upsetting thoughts, images or urges and feelings that I experience	TRUE	It is important to learn that you can accept and tolerate the thoughts and feelings. You can also learn to view them in a different way (e.g. as evidence you have a problem with worrying a great deal about harm).
2.3	. . . try to <i>avoid</i> experiencing the upsetting feelings	FALSE	It is not helpful to try to avoid feelings of anxiety. Research tells us that the more you try to avoid distressing thoughts and feelings, the more you experience them.
2.4	. . . <i>switch myself 'off'</i> as if I'm not in the situation	FALSE	Switching yourself ' <i>off</i> ' is another way of avoiding an experience, which will not be helpful for you.
2.5	. . . allow myself to <i>just notice</i> and experience any anxiety when it is triggered	TRUE	It is helpful to just notice and experience the thoughts and feelings of anxiety when they occur. However do not try to engage with them, just let them be.
2.6	. . . keep telling myself repeatedly that the task is safe or will not be harmful	FALSE	It is <i>not</i> helpful to tell yourself repeatedly that a task is safe and not harmful. This is a mental ritual of trying to give yourself reassurance. Just experience your thoughts and feelings. By tolerating your doubts and fears you will later learn that they are excessive or there is no real danger.
2.7	. . . <i>try</i> to control my upsetting thoughts, images or urges during the task	FALSE	You cannot control your intrusive thoughts or feelings from happening! Trying to control your thoughts or feelings keeps the problem going. Remember you have some influence in your environment, but you have no control over your mind. Furthermore, the more you try to control your thoughts and feelings, the more you notice them and the less you are living in the real world.
2.8	. . . <i>accept</i> the doubt or uncertainty of whether the task is safe or whether something bad is going to happen	TRUE	It is helpful to accept the uncertainty and to tolerate the doubt about whether something is safe, and to do it without discussion with yourself or others.
2.9	. . . finish the task when I have found out what I needed to know or when I have learnt that I can tolerate the anxiety	TRUE	It is more helpful to finish a task when you have discovered what you needed to learn from it or when the anxiety has sufficiently reduced.
2.10	. . . try to <i>control</i> my thoughts, images or urges and feelings during the task	FALSE	You cannot control your thoughts, images or feelings! At first this does not make sense as we are able to have some influence on the world around us. However, the more

			you try to control your thoughts and feelings in your inner world, the more out of control you will feel.
2.11	. . . try to <i>block</i> out any upsetting thoughts, images and feelings that I experience	FALSE	Trying to avoid, block out or suppress your thoughts, images or feelings will be unsuccessful in the long term and does not work.
2.12	. . . be <i>critical</i> of myself for having upsetting thoughts, images or urges and feelings	FALSE	It is not helpful to be critical of yourself for having intrusive thoughts, images or sensations. Having intrusive thoughts is very normal and the more critical you are the more anxious you become and the more intrusive thoughts you experience in a vicious circle. Furthermore, research has shown that the more critical you are of yourself, the more that interferes with your ability to achieve your goals. It is more helpful to be supportive, caring and understanding of yourself. The reason why you find your thoughts unacceptable are that they are so against your values. Such thoughts are not abnormal, but the meaning you attach to them is causing you difficulties.
2.13	. . . do the task just so that I don't upset my therapist or family members that care for me	FALSE	It is very understandable for you to want to please your family member or even your therapist. This feeling might however come more from the threat of punishment or withdrawal of care unless you make progress in therapy. You are more likely to succeed at tasks if the motivation to do so comes from within rather than with a view to the benefit of others. If this is a concern, it's important to discuss it with your therapist.
2.14	. . . <i>only ever</i> do the task with a therapist or person that I can trust	FALSE	It can be helpful for a therapist or relative who has been briefed to do the task in front of you the first time. However, this responsibility needs to then be transferred to you quickly so that you can learn from the action. The aim is to do tasks on your own in every day situations so you can be your own therapist.
2.15	. . . tell myself a phrase that will keep me feeling safe during the task	FALSE	It is not generally helpful to tell yourself a phrase that you think will keep you safe. This can become a mental ritual that may be designed to prevent something bad from happening. Like all rituals, it will interfere with you overcoming your OCD.
2.16	. . . be <i>focused</i> on what I am thinking and feeling rather than what's happening around me (for example see whether I am <i>feeling</i> aroused if I am with a child; see whether I <i>feel</i> comfortable that the door is locked)	FALSE	It is not helpful to focus your attention on how you are feeling or on your memories. This will make you more aware of your thoughts and feelings and increase the sense of threat. You are more likely to misinterpret feeling anxious as evidence of a threat. Try to keep your attention focused externally and get your information from your surroundings and the world as it is – not how you feel.

2.17	. . . <i>transform</i> my thoughts, images or feelings into something else to make it feel safe or 'right'	FALSE	It is not helpful to transform or neutralize your thoughts or images in an attempt to keep yourself safe – this type of magical thinking is termed a 'safety behaviour' that prevents you from testing out your fears.
2.18	. . . <i>ask others</i> about whether or not they think what I am doing is safe	FALSE	It is not helpful to ask others or seek reassurance. This is a type of checking compulsion that feeds the problem in the long-term. The aim is tolerate your uncertainty and doubts.
2.19	. . . <i>just notice</i> my upsetting thoughts, images and feelings and not to judge myself for having them and not to respond to them	TRUE	It is more helpful just to notice without any judgment and experience your thoughts and feelings. Try to be focused externally on the world, as it is not how you feel. The more you try to be self-focused and to avoid or control your thoughts and feelings, the more compelling they will seem.
2.20	. . . to <i>rationaly tell myself the facts when I am most anxious</i> and am experiencing my most upsetting thoughts (e.g. remind myself 'It's impossible to catch AIDS sitting on a toilet seat'; 'I couldn't have committed that murder as I was 500 miles away')	FALSE	In OCD, it is generally not helpful to intellectually challenge your intrusive thoughts when you are most anxious – first because this can develop into a reassurance ritual, and second because your threat system is designed to keep you safe and works on the principle of 'better safe than sorry'. In the heat of the moment when you feel panicky, it is very difficult to rationally <i>challenge</i> the content of your fears or beliefs – this just tends to just create further doubts and questions. When you feel panicky, it is more helpful just to act and approach your fears. After you have acted, it can then be helpful to reflect on what you learnt and whether it was different from what you expected. However, this is different from when you are most anxious, intellectually telling yourself the facts – just approach the task you have set yourself. It may be helpful before the task when you are starting to get anxious to remind yourself in a soft tone of voice your alternative understanding of the problem (e.g. 'This is just my OCD trying to make me safe, but it is not acting in my best interests; all this means is that I'm a person who is very worried about causing harm')
2.21	. . . <i>label</i> the feelings that I have (e.g. 'OK, this is a feeling of anxiety')	TRUE	It can be helpful to just notice and label the feelings (e.g. anxiety, disgust, shame, guilt) that you experience when they are at their peak. However, be careful not to do anything more than just label the feeling. There is also no need to do it repeatedly as you don't want to make it a ritual.
2.22	. . . <i>cancel out</i> the upsetting thought or image (e.g. I think a 'good' thought after a 'bad' one; or I conjure up a 'nice' image; or I recite a	FALSE	Cancelling out (or neutralizing) a thought is a type of ritual that is designed to prevent harm from occurring. This means that you are never able to test out your fears and whether what you are experiencing best fits with the idea that you have of a problem of worrying about harm occurring, rather than harm actually occurring.

	'mantra' or phrase out aloud)		
2.23	. . . <i>to look very carefully</i> at the planned trigger to see whether it is safe or not	FALSE	It is not helpful to visually check a planned trigger or scan for safety. It is more helpful to tolerate the doubt about whether it is safe or not.

Section 3. ANSWERS What you do *after* the task

<i>After the task, it is helpful to . . .</i>		True or False	Why?
3.1	. . . plan how to repeat the task in <i>different</i> anxiety provoking or commonly avoided situations	TRUE	It is helpful to generalize your experience of testing out your predictions and fears to different situations or activities. The more you can repeat the task in different situations, the easier it will get and the more the fear will decrease.
3.2	. . . <i>recognize my courage</i> for what I have achieved and for doing the task	TRUE	It is helpful to recognize your courage – to acknowledge any mistakes but to recognize what you have achieved. It may not sound a lot to someone without OCD, but doing such tasks requires courage.
3.3	. . . <i>do</i> things that are meaningful and important to me even if I find them difficult	TRUE	OCD often takes your life away – as you start to do more tasks then it is more important to fill the void and do the activities that are important to you despite your OCD.
3.4	. . . <i>do</i> something that will ‘ <i>take away</i> ’ the bad feelings that occurred (e.g. eat lots of food, drink alcohol, take tranquilizing medication)	FALSE	Drink, drugs and anything else that takes away your feelings are not helpful as they prevent you from testing out your fears. They may also have the unintended consequences of making you feel worse.
3.5	. . . tell myself I should have done it better or earlier than I did	FALSE	This is your bully at work, which is being very critical. It is more helpful to develop a caring and understanding self-voice to help and support you. Ask yourself, which teacher gets the most success – the critical bully or the one that looks out for signs of improvement and is encouraging and supportive? Being critical of yourself is your bully speaking, that does not have your best interests at heart.
3.6	. . . find out whether the task is less anxiety provoking after doing it a few times	TRUE	The task may be anxiety provoking after one or two times. It’s after you have done the task a few times (and you are not doing something secretly to keep yourself safe), that you’ll notice it gets easier and there is less anxiety. You are learning that you can tolerate it and that you or others can still be safe.
3.7	. . . go at the <i>slowest</i> possible pace <i>very</i> gradually <i>in tiny steps</i> on a hierarchy of fear-provoking situations	FALSE	It is not generally helpful to go at a very slow pace up your hierarchy. First it may take an extremely long time to overcome your OCD. Occasionally some people can only progress by taking very small graded steps in a rigid manner, but in general it is preferable to jump around.
3.8	. . . reflect on whether or not the results of the task suggest a less threatening understanding of my problem (‘e.g. I am a	TRUE	It is helpful after the task to reflect on what you have learnt and whether the results best fit with one of two ideas (for example the idea that (A) you have a problem with

	person who is very worried about making bad things happen and therefore tries too hard to stop them from happening' rather than 'I am a bad person that can make bad things happen')		causing harm, or (B) you have a problem with <i>worrying</i> about causing harm.
3.9	. . . keep a record of what I did and reflect on what I learnt from the task (e.g. whether there was any difference between what I had predicted and what had happened (e.g. whether the anxiety was manageable or not or whether I lost control or whether I became more or less confident in my memory etc.)	TRUE	It is helpful to keep a record so you can learn from your experience over time. Being able to look back on things you have learnt can be a very useful tool.
3.10	. . . reflect on how stupid I was to put myself at risk	FALSE	It is not helpful to be critical of yourself for doing the tasks that are moving you forward to help you overcome your OCD. Being critical of yourself is your bully speaking, that does not have your best interests at heart.
3.11	. . . pat myself on the back for the <i>effort</i> I put into the task even if it was not entirely successful	TRUE	It is helpful to be encouraging and supportive – what you are doing is tough and it won't always be successful. When you are less successful, it may be important to take a smaller step or work out what you were doing that interfered with the task.
3.12	. . . <i>keep asking others</i> whether what I did was safe or not right	FALSE	It is not helpful to seek reassurance after the task – the aim is to tolerate the doubt about whether something was safe or not right.
3.13	. . . keep my attention focused on any possible harm that might have occurred to see if I or others will be safe or not	FALSE	It is not helpful to keep focused on possible harm – this is a type of checking and is your threat system at work. Try to keep your attention focused broadly on the world around you and not on whether any harm occurred.
3.14	. . . look for new ways of triggering my anxiety and testing myself rather than waiting for them to happen on their own	TRUE	It is helpful to plan and look for new ways for testing your fears – don't wait for them to be triggered accidentally.
3.15	. . . jump around my list of feared activities and sometimes choose harder ones and then sometimes choose	TRUE	It is surprisingly more helpful to jump around your list – try not to just start at the bottom and only very slowly work your way up. Sometimes choose harder ones in

	easier ones in as many different situations as possible		different situations and then sometimes choose easier ones. This will help you to generalize your findings more easily to different situations.
3.16	. . . <i>resist</i> any urge to check or think back over my actions	TRUE	It is important to resist your urges to check or mentally review your actions. This is a checking compulsion, which will undo the good work you have completed a task.
3.17	. . . <i>check</i> or think back exactly over what I did to make sure that the task was safe	FALSE	It is not helpful to check or mentally review whether the task was safe. This is a checking compulsion that feeds your problem.
3.18	. . . Seek out OCD triggers even if others consider them abnormal (e.g. if I have fears of contamination, eat food with my hands after touching a tap in a public washroom; if I have fears of stabbing someone, demonstrate I can use knives with my loved ones next to me; or if I am superstitious try to wish bad things happening)	TRUE	It is helpful to do tasks which others might consider abnormal if they help to test out your fears. Some people might not consider them 'normal' but they are excellent tasks for defeating OCD. These are often referred to as anti-OCD tasks.
3.19	. . . leave <i>long gaps</i> between the task I have just done and the next one	FALSE	It is not helpful to leave long gaps between tasks. It can be helpful to vary the times between tasks and not do them at the same time. In general, it is important to do the tasks frequently, preferably on most days. This will bring the most benefit in beating your OCD.
3.20	. . . <i>undo</i> the task to make myself feel safe or complete (e.g. measures to prevent or remove contact from 'contaminants' (e.g. use gloves; Dettol wipes) or recreate the desired tidiness, order or symmetry	FALSE	This is a compulsion and is therefore not helpful, as it will keep the problem going. It would be important to discuss this with your therapist.
3.21	. . . focus on what I <i>failed</i> to do and how others will now see me as a failure	FALSE	It is not helpful to try shame yourself with what you have failed to do. It's difficult enough to get over OCD and if you then give yourself another problem and are very critical, or focus on what you think others are thinking about you being a failure, it will be even more difficult. Try to not judge yourself and accept progress is never smooth. There will always be setbacks.

ANSWERS Section 4. In this section we ask about what you believe is helpful to do after you do a compulsion/ritual

<i>If I do rituals it is helpful to . . .</i>		True or False	Why?
4.1	. . . finish the ritual when I feel <i>comfortable</i> or <i>'just right'</i>	FALSE	It is more helpful to finish an action when you use just objective criteria – for example, when you can see that your hands are clean (even if you feel dirty) or that the door is locked (even if you feel anxious). Trying to finish a ritual when it feels comfortable or 'not right' is a problem because it then takes a long time which feeds the problem and keeps it going.
4.2	. . . aim to cut down on the ritual <i>very gradually in tiny steps</i> (e.g. from 100 to 95 times a day)	FALSE	It is not helpful to reduce your rituals so slowly that it will take an extremely long time to overcome your OCD. Rituals prevent you from learning that you can tolerate the anxiety. Try to have a goal of not ritualizing at all. If you ritualize, have a goal of undoing them (see below).
4.3	. . . if possible, immediately do another task that is anxiety provoking after I have done my ritual (e.g. touch the contaminant; create disorder; re-experience the thought)	TRUE	If you do a ritual it is more helpful to 'undo' it by doing a task that is anxiety provoking (e.g. if you have just done a washing compulsion to touch something that is 'contaminating'; if you have just done a compulsion to create 'order' then create disorder; or if you have just neutralized a thought, then bring on the original upsetting thought; if you have just checked a tap is switched off, then leave it running with a drip).
4.4	. . . be <i>angry</i> and <i>frustrated</i> with myself for doing a ritual when I know I shouldn't be doing it	FALSE	It is not helpful to be angry and critical of yourself for doing a ritual – it's not your fault. It's tough to overcome your OCD. If you do a ritual, try to be supportive of yourself and then try to 'undo' the compulsion as described above.
4.5	. . . then <i>avoid</i> certain objects or activity (for example if I do a washing ritual then I avoid touching things to stop myself being contaminated again)	FALSE	It is not helpful to avoid the situation or activity after resisting a ritual. It is more helpful to then do another anxiety provoking task. In the example of contamination, just re-contaminate yourself.
4.6	. . . <i>speed up</i> my rituals so that I can just get through them quicker	FALSE	It is not helpful to reduce the amount of time spent in rituals by speeding things up. It may help you to do more but it does not

			help overcome your OCD. All rituals are rituals, however fast you do them. It is more helpful not to do a ritual and, if you do a ritual, to undo it as described (e.g. to contaminate yourself after finishing your compulsive washing) and allow yourself to tolerate the anxiety that occurs.
4.7	. . . judge myself as a <i>failure</i> and think about all the other occasions I have got it wrong or what others will think of me	FALSE	It is more helpful to accept that it is tough to resist your rituals. It is not your fault, but you can plan what you are going to do next time to test out your fear.
4.9	. . . <i>accept</i> that it is not my fault that I have OCD – it is my responsibility to change but it is not my fault that I have OCD	TRUE	It is not your fault you have OCD but it is your responsibility to change in therapy. The cause of OCD is unknown. It is widely agreed, however, that sufferers are subject both to genetic influences and to various formative experiences from early childhood over which they have no control. If you want to blame something, make it the design fault in every human brain, which tries to keep you safe in the short term even if it makes your life a misery in the long term. It works on the principle of ‘better safe than sorry’ and ‘it is better to miss lunch than be lunch’. If your mind thinks there is threat then it will react this way!
4.10	. . . if I resist the ritual, then <i>pass on responsibility</i> to somebody else (e.g. if I resist checking a lock, then ask someone else to lock up or to check that the door is locked)	FALSE	It is not helpful to pass on responsibility. The aim of the task is to learn to tolerate the doubts and uncertainty. It is more important to accept reasonable responsibility for your actions, even if that means accepting that you may have made a mistake.