

DANCING WITH BOB Quiz – Q & A

Check your responses 

1. Are you in a subconscious or conscious state when you are angry, frustrated or upset with Bob?

- Subconscious**
- Conscious**
- No idea :(**

2. When someone aggressively criticizes you in front of others, how should you react or perceive the person?

- I immediately feel vulnerable, threatened and would go on the offensive and hit back twice as hard.**
- I see the person as Bob manifesting itself. This person is a reality made of flesh, blood, bones, skins, stomach and a mouth that churns out words!**
- I decide I don't want Bad Bob to steal my time and energy again and will just listen with a smile :)!**
- I don't know!**

3. You're criticized publicly. Which of the below thoughts would rob your time and energy if you got whacked by Bob's Gang of Bullies?

- You don't like him/her (for criticizing you in public).**
- He/she is an asshole attacking you!**
- What are those present going to think?**
- You're going to lose the esteem of others!**
- Who's he/she anyway?**
- You want to be liked/respected (by everyone).**
- Not the faintest idea.**

4. If you reacted negatively to people or situations and were not fast enough to change psychological states to be in the here and now, what could be the cause?

- Don't have a clue :(**
- I simply forgot to train my reflex and schedule my smartphone to ring 3 times a day.**
- No bad reason. I love getting whacked by Bob. No pain, no gain! I don't get any attention if I don't complain. Playing victim is my game!**

5. What if a friend got whacked by Bob and felt really bad because of your decision? You didn't invite him to your party and he's now sulking and avoiding you.

- I tell him I'm the one who decides and he'd better understand what Bob means, or he's gonna get whacked again next time he crosses my path.**
- Let him sulk. I would not worry too much about his losses.**
- I would apologize first, then explain why he wasn't invited. Then share this million-dollar tool (Dancing with Bob) with him – and allow me to be his hero.**

6. What if you were whacked by Bob yourself and got pounded to the ground by his Gang?

- I won't. I'll have my smartphone scheduled to ring 6 instead of 3 times a day! This would flush out Bob's Bullies and let me walk in peace all day.**
- I'm getting to know the Gang pretty well. Just need to snap my fingers, turn my head to the right and pull the carpet off their feet.**
- Got to practice more to avoid getting Gang-banged.**

7. Is Bob a Cool Dude, a Skid-zo or a Tantalizing Devil that could get you in trouble?

- Cool Dude.**

- Skid-zo.**
- Tantalizing Devil (got me corrupted in sin and greed).**
- Just REALITY.**

8. Are you rocking and rolling with Big Good Bob? Tell us what happened.

- Yeah, just enrolled in a dance course with Bob :)**
- I appreciate my Mum more than ever. God bless her.**
- Wow! Looking forward to the next 24 hours!**
- Rolling ... after been whacked by Big Bad Bob but recovering fast in the here and now.**

9. If you manage to gain lots of time and energy does this mean you're rich?

- Sure, having more time and energy allows me to create more options and opportunities, and spending more time with my family and friends :).**
- Hell no, I'll be bored with too much time on my hands. I wouldn't know what to do. Twiddle my thumbs?**
- Time and energy are our company's most important assets controlled by our employees. Without these resources we would be eaten alive by our competitors. It's vital we don't waste them!**

10. Is Bob a friend or foe to you?

- Foe. Look at all the whackings and bruises I suffered. And I'm not alone. Millions get whacked for no reason – earthquakes, hurricanes, wars ...**
 - Best friend I ever had. Look at all the things I have and can do with what I have :). I'm given a brain that's worth trillions. If it conked out I could not go into a store to buy another one even if I had trillions in the bank. That's Bob!**
-