



RAD

Activity 8

For each scenario, identify how the person can use the strategy **Taking Notice** so they don't get stuck by their RoAD Blocks. For each one, what would be a RAD move and a notRAD move?



Scenario
The youth has a dentist appointment for a regular check up. They dislike the dentist and are worried about the appointment. They keep thinking the dentist will find something wrong. However, they value

Scenario
The youth has decided to make a social media channel about a topic they love to talk about. They are worried about what others might think about their recording and they think they sound funny when their voice is recorded. However, they value being creative and trying new things.

Possible RoAD Blocks
(Uncomfortable thought or feeling)

Possible RoAD Blocks
(Uncomfortable thought or feeling)

How might they take notice? Remember to use the format: *I notice I am having thought/feeling of....*

How might they take notice? Remember to use the format: *I notice I am having thought/feeling of....*

RAD Move:

NotRAD Move:



RAD

Activity 8

For each scenario, identify how the person can use the strategy **Taking Notice** so they don't get stuck by their RoAD Blocks. For each one, what would be a RAD move and a notRAD move?



Scenario

The youth has a dentist appointment for a regular check up. They dislike the dentist and are worried about the appointment. They keep thinking the dentist will find something wrong. However, they value

Scenario

The youth has trying to complete an assignment that is due soon. They don't like the subject and are not doing well in the course. They value being independent and being able to have fun, but they think they may have to take this course again if they don't do well on this assignment.

Possible RoAD Blocks
(Uncomfortable thought or feeling)

Possible RoAD Blocks
(Uncomfortable thought or feeling)

How might they take notice? Remember to use the format: *I notice I am having thought/felling of....*

How might they take notice? Remember to use the format: *I notice I am having thought/felling of....*

RAD Move:

NotRAD Move: