






# RAD

## Activity 7

For each scenario, identify whether the person is **Accepting or Stuck**. Remember, When we **Accept** our RoAD Blocks we process them in a way where we can follow our values. When we are stuck, our RoAD Blocks result in us acting in a way that does not align with our values.

<p><b>Scenario</b></p>		
<p><b>Description</b></p>	<p>The youth is waiting to talk to a teacher about missed assignments and how he can make them up. He values being responsible.</p>	<p>The youth is sending a hurtful text to some friends that he had a small disagreement with. He values being loyal and caring.</p>
<p><b>Accepting or Stuck?</b></p>		
<p><b>Possible RoAD Blocks?</b></p>		
<p><b>Scenario</b></p>		
<p><b>Description</b></p>	<p>The youth is working out at a new gym. They value being healthy.</p>	<p>The youth is trying baseball for the first time. They value trying new things.</p>
<p><b>Accepting or Stuck?</b></p>		
<p><b>Possible RoAD Blocks?</b></p>		



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For each scenario, identify whether the person is **Accepting** or **Stuck**. Remember, When we **Accept** our RoAD Blocks we process them in a way where we can follow our values. When we are stuck, our RoAD Blocks result in us acting in a way that does not align with our values.

<p><b>Scenario</b></p>		
<p><b>Description</b></p>	<p>The youth is supposed to be studying but haven't started at all. They value trying their best.</p>	<p>The youth is filling out an application for a job. They value being independent and taking risks.</p>
<p><b>Accepting or Stuck?</b></p>		
<p><b>Possible RoAD Blocks?</b></p>		

<p><b>Scenario</b></p>		
<p><b>Description</b></p>	<p>The youth is binge-watching shows instead of going to band practice. They value learning new things and being social.</p>	<p>The youth is leaving a get together with friends after just arriving. He values being friendly and having fun.</p>
<p><b>Accepting or Stuck?</b></p>		
<p><b>Possible RoAD Blocks?</b></p>		