



# RAD

## Activity 3

Below are a list of scenarios. What feeling or thoughts might you experience in each of these scenarios? How comfortable or uncomfortable would you rate that feeling? If you were to compare your answers with others, would you expect everyone to have labelled the same feeling and the same level of comfort?

1 Extremely Uncomfortable	2 Somewhat Uncomfortable	3 Neutral	4 Fairly Comfortable	5 Extremely Comfortable
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Scenario	 A boy with brown hair and a backpack stands in front of a modern school building.	 A boy sits in a dental chair, smiling, with a dentist in a mask standing behind him.	 A person stands on a stage with a microphone, performing in front of an audience.	
Going to a new school	Going to the dentist	Performing in a talent show		
Possible Thought or feeling				
Comfortable or Uncomfortable				

Scenario	 A woman stands on a crowded bus, holding onto a pole.	 A person walks alone down a dark, foggy street at night.	 A person walks alone through a dense forest.	
Riding a crowded bus	Walking alone at night	Walking alone in a forest		
Possible Thought or feeling				
Comfortable or Uncomfortable				