









# 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			
	Going to a new school	Going to the dentist	Performing in a talent show
Possible Thought or feeling			
Comfortable or Uncomfortable			

Scenario			
	Riding a crowded bus	Walking alone at night	Walking alone in a forest
Possible Thought or feeling			
Comfortable or Uncomfortable			