

Quiz 9.1. Easy Does It

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| 1. You're in your car at the intersection, and your light turns green. | 2. Your muscles feel sore after working in the garden all day. |
| <input type="checkbox"/> You hesitate, thinking the light traffic system might be malfunctioning. | <input type="checkbox"/> You search online for diseases related to muscle weakness and decay. |
| <input type="checkbox"/> You wait for the light to turn green again, just to be sure. | <input type="checkbox"/> You take it easy, knowing your muscles need rest. |
| <input type="checkbox"/> You start driving because the light is green, and you trust what you see. | <input type="checkbox"/> You go for a 5-mile run to test out if you still have strength in your legs. |
| 3. You step outside for a walk and notice the sky is clear and blue. | 4. A stranger on the street suddenly starts yelling at your child. |
| <input type="checkbox"/> You bring an umbrella, just in case it starts raining. | <input type="checkbox"/> You step in front of your child and pull your child behind you for protection. |
| <input type="checkbox"/> You wonder if you should also put on a raincoat, just to be safe. | <input type="checkbox"/> You start questioning if reality might be real and if we could be in a simulation. |
| <input type="checkbox"/> You enjoy the sunny day, trusting what you see. | <input type="checkbox"/> You think this might be a good opportunity for your child to gain social experience. |
| 5. You're in the mood to listen to your favorite music and turn on the sound system. | 6. You feel a sense of peace and calm watching the changing colors of autumn. |
| <input type="checkbox"/> You worry that you might not actually know what music you like. | <input type="checkbox"/> You worry that this sense of peace might mean you want to ham yourself. |
| <input type="checkbox"/> You wonder if you're only playing music to deliberately bother your neighbours. | <input type="checkbox"/> You tell yourself the dying leaves could be a sign of bad things to come. |
| <input checked="" type="checkbox"/> You enjoy the music simply because you are in the mood for it. | <input type="checkbox"/> You trust and enjoy the feelings of peace and calm as they are. |
| 7. You're about to go to bed to sleep and feel rested for the next day. | 8. You're feeling a strong urge to go to the bathroom. |
| <input type="checkbox"/> You trust your alarm will tell you when it's time to wake up. | <input type="checkbox"/> You decide to wait it out, wondering if it's truly the right to go. |
| <input type="checkbox"/> You set an alarm for every 30 minutes make sure it's working properly. | <input type="checkbox"/> You spend time reflecting deeply on whether you <i>really</i> need to go. |
| <input checked="" type="checkbox"/> You tell your partner to stay awake all night to ensure you wake up on time. | <input type="checkbox"/> You simply go to the bathroom—when you gotta go, you gotta go. |