

## Quiz 9.1. Easy Does It

<b>1. You're in your car at the intersection, and your light turns green.</b>	<b>2. Your muscles feel sore after working in the garden all day.</b>
<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.
<b>3. You step outside for a walk and notice the sky is clear and blue.</b>	<b>4. A stranger on the street suddenly starts yelling at your child.</b>
<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.
<b>5. You're in the mood to listen to your favorite music and turn on the sound system.</b>	<b>6. You feel a sense of peace and calm watching the changing colors of autumn.</b>
<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 harm 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 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.
<b>7. You're about to go to bed to sleep and feel rested for the next day.</b>	<b>8. You're feeling a strong urge to go to the bathroom.</b>
<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 time 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 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.

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