

Quiz 9.1. Easy Does It

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 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 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 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 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.

Copyright © 2025 by Frederick Aardema. Mount Royal Publishing. All Rights Reserved.

Permission is granted for personal use and use with clients. Any reproduction, distribution, or use beyond these permissions, in any form or by any means, without prior written consent, is strictly prohibited.