



Activity

We all have our own preferences and routines. This activity asks you to think about activities you would be unlikely to do – and to consider some reasons why.

| Tick any of the following activities that you would be <i>unlikely</i> to do: | For each activity you have ticked, circle the letter representing the reason that best describes <i>why</i> you would be unlikely to do it (see key below). |
|---|---|
| Go to bed at 9pm <input type="checkbox"/> | A B C D E F G |
| Sit on a public toilet seat <input type="checkbox"/> | A B C D E F G |
| Have a bath in the morning <input type="checkbox"/> | A B C D E F G |
| Wear pyjamas in bed <input type="checkbox"/> | A B C D E F G |
| Accompany a stranger who says 'come with me' <input type="checkbox"/> | A B C D E F G |
| Eat meat <input type="checkbox"/> | A B C D E F G |
| Go to the toilet without needing to because you've been told to go <input type="checkbox"/> | A B C D E F G |
| Have your face washed by somebody else <input type="checkbox"/> | A B C D E F G |
| Take a tablet without knowing what it's for <input type="checkbox"/> | A B C D E F G |
| Let an acquaintance see you in the nude <input type="checkbox"/> | A B C D E F G |

Key

- A: This is not my preference
- B: This is not my normal routine
- C: This would be embarrassing
- D: This would feel unsafe
- E: This is against my beliefs/standards
- F: This would be unnecessary
- G: This would feel as if I was letting someone control me