EMPOWERING PSYCHOLOGICAL TOOLS

IF YOU HAD TO CHOOSE, PART 1

This instrument is intended to be given orally by providers to single clients, families or groups. Please see If You Had to Choose Interpretation Guide for further details.

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Name/Group _	
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Date	

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- 1. Would you rather be invisible or be able to read minds?
- 2. Would you rather join the army or the navy?
- 3. Would you rather join the air force or the marines?
- 4. Would you rather eat a hamburger or pizza?
- 5. Would you rather be a ballet dancer or a cement truck driver?
- 6. Would you rather be a rock star or a movie star?
- 7. Would you rather live in Florida or Alaska?
- 8. Would you rather be a fly or an elephant?
- 9. Would you rather be trapped in a cave with lots of bats or lots of snakes?
- 10. Would you rather play a video game or go to the library?
- 11. Would you rather be a teacher or a principal?
- 12. Would you rather be a policeman or an airplane pilot?
- 13. Would you rather be a small fluffy white dog or a kitten?
- 14. Would you rather eat a hot dog or macaroni and cheese?
- 15. Would you rather swim in a swimming pool or an ocean?
- 16. Would you rather kiss a garter snake or a mouse?
- 17. Would you rather be a kindergarten teacher or work in a nursing home?
- 18. Would you rather eat sausage or liver?
- 19. Would you rather be a midget or a giant?
- 20. Would you rather be a truck driver or school bus driver?

- 21. Would you rather live in Hawaii or New York?
- 22. Would you rather get a massage or a pedicure?
- 23. Would you rather be in the Olypmics or in the Super Bowl?
- 24. Would you rather have fairy wings or elf ears?
- 25. Would you rather live in a cave or a sod house?
- 26. Would you rather be a snake or a rat?
- 27. Would you rather go to China or Italy?
- 28. Would you rather climb a mountain or spend three days at the beach?
- 29. Would you rather work in a circus or a beauty parlor?
- 30. Would you rather go to Burger King or McDonald's?
- 31. Would you rather go on a roller coaster or go bungee jumping?
- 32. Would you rather drive a race car or ride a horse?
- 33. Would you rather play football or baseball?
- 34. Would you rather win a beauty pageant or the lottery?
- 35. Would you rather be a nail technician or a massage therapist?
- 36. Would you rather go to school or work on a job?
- 37. Would you rather eat oatmeal the rest of your life or cornflakes?
- 38. Would you rather eat oatmeal the rest of your life or tomatoes?
- 39. Would you rather go skiing or skating?

Continues on Part #2