**Exercise Sheet**

**Original Material**

**The Licked Hand**

A woman lives alone with her dog. Every night when she goes to bed, her dog lies under her bed and licks her hand as she falls asleep. One night before bed she goes around the house locking the doors and windows as she usually does, but the basement window is broken and won’t close all the way. After closing it as best she can she goes to bed and is reassured by her dog licking her hand. During the night she is woken by the sound of dripping. She gets up and checks the bathroom, but no tap is dripping so she returns to bed, receiving a lick on the hand from her dog as she goes back to sleep. Later she is woken up by dripping again and goes to check the kitchen taps but they’re not dripping either, so she goes back to bed and her dog licks her hand as she goes back to sleep. When she is woken for a third time, she goes to check the shower room and finds her dog, dead and hanging from the shower, its blood dripping onto the tiles below. Written on the shower wall are the words “Humans can lick too.”

**The Spider Bite**

A woman went on holiday with friends to the coast of North Africa – she had a terrific time. The only problem she had during the visit was on the last day when they had an invasion of small insects – particularly spiders. These appeared to have been blown out to the coast from the desert and all you could do was to keep brushing them away. In spite of this they managed to get a few hours sun-bathing in, during which the woman was bitten on her face by the spiders a couple of times. Thinking no more about it, she simply applied an antiseptic cream to the bites and forgot about them. By the time she returned home the bites were looking inflamed and beginning to look like boils. In spite of further treatment, they refused to subside, so she eventually thought it was best to arrange a visit to the doctor the following day. Going to the bathroom the next morning she saw in the mirror the bites looked even worse. She had just begun to carefully wash her face when she felt a sharp pricking sensation. Looking in the mirror again she was horrified and began to scream loudly. The bites had broken and crawling over her face and in her hair were some tiny baby spiders.

**Low Emotion versions**

Edit the original versions in the boxes below to make versions which will evoke **little emotional response**:

|  |
| --- |
| **The Licked Hand** A woman lives alone with her dog. Every night when she goes to bed, her dog lies under her bed and licks her hand as she falls asleep. One night before bed she goes around the house locking the doors and windows as she usually does, but the basement window is stiff and is difficult to close all the way. After closing it as best she can she goes to bed and is relaxed by her dog licking her hand. During the night she is woken by the sound of dripping. She gets up and checks the bathroom, but no tap is dripping so she returns to bed, receiving a lick on the hand from her dog as she goes back to sleep. Later she is woken up by dripping again and goes to check the kitchen taps but they’re not dripping either, so she goes back to bed and her dog licks her hand as she goes back to sleep. When she is woken for a third time, she goes to check the shower room and finds her shower broken with the shower hanging down, water dripping onto the tiles below. On her notepad she writes the words “get the shower fixed”.  |

|  |
| --- |
| **The Spider Bite** A woman went on holiday with friends to the coast of North Africa – she had a terrific time. The only problem she had during the visit was on the last day when they were bothered by some small insects – particularly spiders. These appeared to have been blown out to the coast from the desert, but you could just brush them away. In spite of this they managed to get a few hours sun-bathing in, during which the woman was bitten on her back by a spider once. Thinking no more about it, she simply applied an antiseptic cream to the bite and forgot about it. By the time she returned home the bite were looking bigger and beginning to look worse. In spite of further treatment, they refused to subside, so she eventually thought it was best to arrange a visit to the doctor the following day. Going to the bathroom the next morning she saw in the mirror the bite looked even worse. She had just begun to carefully wash her back when she felt a small itching sensation. Looking in the mirror again she was annoyed and began to sigh heavily. The bite had grown, and redness had spread over her shoulder and neck.  |

**High Emotion versions**

Edit the original versions in the boxes below to make versions which will evoke **a strong emotional response (while still being ethical to use in an experiment with human participants)**:

|  |
| --- |
| **The Licked Hand** A woman lives alone with her dog. Every night when she goes to bed, her dog lies under her bed and licks her hand as she falls asleep. One night before bed she goes around the house locking the doors and windows as she usually does, but the basement window is stiff and is difficult to close all the way. After closing it as best she can she goes to bed and is relaxed by her dog licking her hand. During the night she is woken by the sound of dripping. She gets up and checks the bathroom, but no tap is dripping so she returns to bed, receiving a lick on the hand from her dog as she goes back to sleep. Later she is woken up by dripping again and goes to check the kitchen taps but they’re not dripping either, so she goes back to bed and her dog licks her hand as she goes back to sleep. When she is woken for a third time, she goes to check the shower room and finds her shower broken with the shower hanging down, water dripping onto the tiles below. On her notepad she writes the words “get the shower fixed”.  |

|  |
| --- |
| **The Spider Bite** A woman went on holiday with friends to the coast of North Africa – she had a terrific time. The only problem she had during the visit was on the last day when they were bothered by some small insects – particularly spiders. These appeared to have been blown out to the coast from the desert, but you could just brush them away. In spite of this they managed to get a few hours sun-bathing in, during which the woman was bitten on her back by a spider once. Thinking no more about it, she simply applied an antiseptic cream to the bite and forgot about it. By the time she returned home the bite were looking bigger and beginning to look worse. In spite of further treatment, they refused to subside, so she eventually thought it was best to arrange a visit to the doctor the following day. Going to the bathroom the next morning she saw in the mirror the bite looked even worse. She had just begun to carefully wash her back when she felt a small itching sensation. Looking in the mirror again she was annoyed and began to sigh heavily. The bite had grown, and redness had spread over her shoulder and neck.  |