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| **DUB IT RIGHT** |

**SCRIPT 1.** At a clothing store, you look for an employee to ask, if they have that piece in a different size or a different colour.

Asking for more information, clarification, slowdown…

Person: Excuse me, I need some help.

Employee: Yes, how can I help you.

Person: Do you have this sweater in another colour?

Employee: I have to check in the system. But I think we have it in green, blue, red, orange. Which size do you need? We should have all sizes still in store. There’s a striped version as well – coming in green-red or…

Person: \*gestures with hands to stop/slow down\* Sorry. Please. Give me a moment. That was too quick. I don’t want this in red. Could you please tell me the colours again?

Employee: We have it in green, blue, orange and as a striped version.

Person: I like to try the green one, please. I need size M.

Employee: I’ll get it for you.

Person: Thank you.

**SCRIPT 2.** At the cash register in the supermarket. How to talk to the cashier and the other people in line and let them know it’s stressing you out and you feel pressured. Goal should be to slow down the situation when you start to feel anxious and pressured to get in a comfortable zone again.

1st time making a transaction: new doctor, opening a bank account, etc.

Person: \*to the cashier\* I’m sorry. This is stressful for me. Please don’t hurry so much.

Cashier: \*nods, slows down registering goods\*

Person: \*turns around to the person behind\* I’m sorry. This is very stressful for me. I might take a minute longer. \*turns back to cashier\*

Cashier: It makes 23,50.

Person: Okay, give me a second to get my purse. \*to people behind\* Just another moment. Thank you.

**SCRIPT 3.** Approaching a new reception at your doctor’s office – or a new doctor’s office.

Person: Good morning. I have an appointment, Mr(s) Turner at nine.

Receptionist: Good morning. I need your social security number.

Person: I’m sorry. This is stressful for me. I haven’t been here for a while and haven’t seen you before. I’m Mr(s). Turner, what’s your name?

Receptionist: I’m Mr(s) Miller. I started two months ago.

Person: \*nods\* Nice to meet you. I’m sorry. This is always stressful for me.

Receptionist: It’s alright. Please take a seat. It might take a while. We call you, when the doctor has time for you.

Person: Thank you.