Comfort Disruption Exercise

Due date: Thursday, May 31
Submission method: D2L Dropbox
Submission type: Individual submission

This exercise comes in two parts.

1. Create a solo situation where you confront one of your major fears. Perhaps the exercise helps you identify a fear, or maybe you know what your fear is. In either case, plan a means to confront it and make progress in resolving it.

2. Create a situation where you and at least one other person must confront a situation where you are mutually uncomfortable. The other person(s) can be from engr390 or not. This exercise needs to be done in public.

For both exercises:

1. What did you do?

2. Did it turn out like you planned? Why or why not?

3. Would you recommend that others try what you did?