# PERSPECTIVE TAKING TASKS

\* Adapted text and perspective taking tasks taken from Priscilla Almada’s doctoral dissertation (2016). Examining the role of deictics, empathic concern and experiential avoidance in prosocial and coercive behaviour: Contributions from Relational Frame Theory. University of Wollongong, Wollongong Australia. Tasks were adapted for an Australian participant pool.

All four perspective taking tasks included below are based on a previous protocol developed by McHugh et al. (2004) that was designed to assess a Relational Frame Theory approach to perspective taking. The original protocol involved a series of 62 scenarios that assessed participant fluency of the three perspective-taking (deictic) relational frames of I-You, Here-There, and Now-Then, and relational complexity.

Relational complexity was measured on three different levels: simple relations, reversed relations, and double reversed relations. Simple relations consisted of scenarios that ask the participant to observe a stated perspective. For example, a sample simple relation item was, “I’m sitting in a red chair and you are sitting in a green chair. Which chair are you sitting in?” with the answer being “green chair.” A reversal item requires the participant to transform stimulus functions across from either I to You, Here to There, or Now to Then. For example, a sample reversal item was, “I’m sitting in a red chair and you are sitting in a green chair. If I were you and you were me, which chair would you be sitting in?” with the answer being “red chair.” To get to the right answer the participant has to transform the stimulus functions from “I” to “You.” A double reversal item requires the participant to transform stimulus functions across two different deictic relational frames, either speaker and time (i.e., I-You and Now-Then), or time and space (i.e., Now-Then, Here-There. A sample double reversal item was, “I’m sitting in a red chair and you are sitting in a green chair. If I were you and you were me and if here were there and there were here, which chair would you be sitting in?” with the answer being “green chair.” To get to the right answer the participant has to transform the stimulus functions from “I” to “You” (speaker) first, and from this new perspective, they then have to transform the stimulus functions from “Here” to “There” (space).

Due to typical time constraints of typical studies and cognitive fatigue experienced by participants when completing tasks such as these, the number of trials for each task listed below was reduced to both account for design efficiency and decrease cognitive fatigue. As a result of previous studies with adult populations repeatedly yielding ceiling effects of close to zero mistakes on simple relation trials (Vilardaga, Levin, Waltz, Hayes, Long, & Muto, 2008; Vilardaga, Waltz, Levin, Hayes, Stromberg, & Amador, 2009), all simple relation trials were removed as they would not add variability in better understanding deictic ability with nonclinical adult populations.

### Basic Perspective Taking Tasks.

*Deictic Relational Task.*

The *Deictic Relational Task* (DRT, Vilardaga et al., 2012) is one of the four behavioral measures of perspective taking used in the current thesis. A battery of 20 scenarios was selected from the original 50 items, resulting in 4 items being dedicated to each of the three types of reversal trials (i.e., reversed I-You, reversed Here-There, reversed Now-Then) and 4 items being dedicated to each of the two types of double reversal trials (i.e., double reversed I-You, Here-There, and double reversed Here-There, Now-Then).

All items describe a scenario that require the participant to take a unique perspective similar to the original McHugh et al. (2004) protocol, but instead of using the same set of contextual cues across all trials, (i.e., red and green brick, black or blue chair, and reading or watching tv) the overall content was changed to suit more natural language contexts. An example item from this measure is, “Right now, Timothy is walking his neighbor’s dog, but tomorrow in the afternoon he will be getting paid $10. If now were tomorrow in the afternoon, what would Timothy be doing?” All perspective taking item questions are followed by two choices, one of which being the correct answer. Following the above previous example item, the two possible options are: A. Getting paid $10, and B. Walking his neighbor’s dog, with A. being the correct answer. More frequent errors on this task indicate lower deictic relational ability.

Unlike the original DRT (2012) measure that included fluency data, participants were not timed for item completion. In line with previous studies (DRT, Vilardaga et al., 2012), some cultural language adaptations were made to match the national context of the Australian participants, involving changes to locations, regional names of characters, and some differences between American and Australian-English words.

*RFT Perspective Taking Protocol****.***

*RFT Perspective Taking Protocol* (RFT PT, 2004).The RFT PT is the second behavioural measure of perspective taking used in the current thesis. The RFT PT was shortened to 25 trials from the original 62 used in the McHugh et al. (2004) protocol detailed above. This brief version of the RFT PT consists of 4 different trials for each relational type (ie. reversals and double reversals), and a subset of 5 foils. Foils were added to test for participant attention. The measure consisted of 12 reversed relation trials, and 8 double reversed relation items. All trials were randomized so that relational types and complexity were presented in random order. More frequent errors on this task indicate lower deictic relational ability.

### *Emotion-Based Perspective Taking Tasks*.

*Deictic Relational Task-Emotion.*

*Deictic Relational Task + Emotion*(DRT-E, Almada & McHugh, 2015) is a behavioural measure of emotions-based perspective taking. The DRT-E is identical in structure to the Basic DRT, with the exception of having an additional 5 foil items to check for participant attention, resulting in a total of 25 items.

The DRT-E was adapted from the brief DRT. Instead of the items probing for perspective of situational details such as location, these items were designed to contain emotion-based contextual cues and probe for emotion-based perspective taking of the characters within the scenario. An example item from this measure is, “Yesterday Michelle was getting cut off in traffic and feeling angry. Today she is breaking up with her partner and feeling sad. If now was then and then was now: A. What would Michelle be feeling now? B. What would Michelle be feeling then? “ More frequent errors on this task indicate lower deictic relational ability. A complete list of scenario items can be found in Appendix A.

*RFT PerspectiveTaking Protocol- Emotion.*

*RFT Perspective Protocol- Emotion*(RFT PT-E, Almada & McHugh, 2015) is a behavioral measure of emotions-based perspective taking. The RFT PT-E is identical in structure to the Basic RFT PT, consisting of 25 total items, 12 double reversals, 8 reversals, and 5 foils to test for participant attention. The functional difference between this protocol and the DRT-E is that this protocol requires the participant to switch perspective between themselves and a fictional character (I-You), rather than switch perspective between two fictional characters (You-You).

The RFT PT-E was adapted from the brief RFT PT. Instead of the items probing for perspective of situational details such as an arbitrary item (i.e., brick or chair), these items were designed to also include emotion based contextual cues and probe for emotions-based perspective taking between the I and You perspective. An example item from this measure is, “Yesterday I was watching a scary movie and feeling afraid. Today I am breaking up with my partner and feeling sad. If now was then and then was now: A. What would I be feeling now? B. What would I be feeling then? “ More frequent errors on this task indicate lower deictic relational ability.

*A Schematic of Behavioural Perspective Tasks: Basic and Emotion-Based*

|  |  |  |  |
| --- | --- | --- | --- |
| **Basic Perspective Tasks Taking** | | **Emotion-Based Perspective Taking Tasks** | |
| **DRT**  **20 items** | **RFT Protocol**  **25 items** | **DRT- E**  **25 items** | **RFT Protocol- E**  **25 items** |
| You-You  Reversals \*  4 Trials | I-You  Reversals \*  4 Trials | You-You  Reversals \*  4 Trials | I-You  Reversals \*  4 Trials |
| Here-There Reversals  4 Trials | Here-There Reversals  4 Trials | Here-There  Reversals  4 Trials | Here-There Reversals  4 Trials |
| Now-Then  Reversals  4 Trials | Now-Then  Reversals  4 Trials | Now-Then  Reversals  4 Trials | Now-Then  Reversals  4 Trials |
| You-You,  Here-There  Double Reversals \*  4 Trials | I-You,  Here-There  Double Reversals \*  4 Trials | You-You,  Here-There  Double Reversals \*  4 Trials | I-You,  Here-There  Double Reversals \*  4 Trials |
| Here-There,  Now-Then  Double Reversals  4 Trials | Here-There,  Now-Then  Double Reversals  4 Trials | Here-There,  Now-Then  Double Reversals  4 Trials | Here-There,  Now-Then  Double Reversals  4 Trials |
| Foils  0 Trials | Foils  5 Trials | Foils  5 Trials | Foils  5 Trials |

\* = interpersonal deictic trials

**REFERENCES**

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**Deictic Relational Task (DRT) Brief**

*Note: \* indicates correct answer; all items have deictic relational type and complexity evaluated in the task nominated below the answer choices.*

Instructions: This first perspective taking task consists of answering 20 questions that will require that you take the perspectives of other people. The answers may seem simple, but it is not as easy as it looks. You are being asked to imagine a complex scenario and to visualize a change in perspective. Therefore, please try to pay close attention and try to answer as accurately as possible.

1. Sarah is at Oxford University defending a dissertation, and Darin is at Stanford University teaching a lecture. If Darin were Sarah and if Oxford University was Stanford University, where would she be?

* 1. At Stanford
  2. At Oxford\*

Double reversal I-You, Here-There

1. Right now, Timothy is walking his neighbor’s dog, but tomorrow in the afternoon he will be getting paid $10. If now were tomorrow in the afternoon, what would Timothy be doing?
   1. Getting paid $10\*
   2. Walking his neighbor’s dog

Reversal Now-Then

1. Michelle is at Byron Bay meditating in the sand, and Dave is in the Mediterranean Sea floating on a raft. If Michelle were Dave and if the Mediterranean Sea were Byron bay, where would she be?
   1. At Byron Bay\*
   2. At the Mediterranean Sea

Double Reversal I You-Here there

1. Right now, Samantha is trying on clothing in a dressing room in Nowra, and in four years she will be designing clothing in an office in New York City. If now were in four years and if New York City was Nowra, where would she be?
   1. In Nowra\*
   2. In New York City

Double Reversal- Here There, Now then

1. Hammish is floating in the pool, and John is jumping off of the diving board. If John were Hammish, what would he be doing?
   1. Floating in the pool\*
   2. Jumping off the diving board

Reversal I You

1. Patrick is watching the sunset on the rooftop, and Jessica is watching TV in the lounge room. If the rooftop were the lounge room, what would Patrick be watching?
   1. The television\*
   2. The sunset

Reversal Here-there

1. Peter is entertaining friends, and Claire is playing the guitar. If Peter were Claire, what would he be doing?
   1. Entertaining friends
   2. Playing the guitar\*

Reversal I You

1. Linda is picking up her nephew from the bus stop. Justin is buying his nephew a soda at the movie theater. If the bus stop were the movie theater, where would Linda be?
   1. Bus stop
   2. Movie theater\*

Reversal Here There

1. Today Jackie is doing the washing, and tomorrow she will be relaxing on the beach. If today were tomorrow, what would Jackie be doing today?
   1. Relaxing on the beach\*
   2. Doing the laundry

Reversal Now-Then

1. Right now, Sophie is getting a facial at a beauty salon in Sydney. In two weeks she will be modeling in a fashion show in Melbourne. If it was two weeks from now, and Melbourne was Sydney, where would she be?
   1. In Melbourne
   2. In Sydney\*

Double Reversal Now Then, Here There

1. Steve is catching a frog in the creek and Amelia is catching a butterfly in the paddock. If Amelia were Steve, what would she be doing?
   1. Catching a frog\*
   2. Catching a butterfly

Reversal I You

1. Now William is having dinner, but three hours ago he was standing in line at the ice cream shop. If now were three hours ago, what would William be doing?
   1. Standing in a line\*
   2. Having dinner

Reversal Now Then

1. Mark is picking a rose from the rose garden, and in an hour he will be handing the rose to his wife at a fancy restaurant. If it were an hour from now and the restaurant were the garden, where would Mark be?
   1. In the garden\*
   2. At the restaurant

Double Reversal Now Then, Here-There

1. Kingston is in Manchester getting knighted by the queen, and Martin is in Ethiopia building a hut. If Martin were Kingston and if Manchester were Ethiopia, where would he be?
   1. In Manchester
   2. In Ethiopia\*

Double Reversal, I You, Here There

1. Plato is discussing the Republic and Aristotle is lecturing in Athens. If Aristotle were Plato, what would he be doing?
   1. Lecturing
   2. Discussing the republic\*

Reversal I-You

1. Josh is at the laundromat folding clothes. Kathryn is at the salon getting a pedicure. If Josh were Kathryn and if the salon were the laundromat, where would he be?
   1. Laundromat\*
   2. Salon

Double Reversal- I You, Here There

1. Right now, Rowan is riding a horse in the Grand Canyon, and next summer he will be sailing in the Caribbean Sea. If now were next summer and the Caribbean Sea were the Grand Canyon, where would he be?
   1. Grand Canyon\*
   2. Caribbean Sea

Double Reversal now-then, here-there

1. Ashley is floating newspaper boats down the stream. Jack is ordering pasta at an Italian restaurant. If the Italian restaurant were the stream, where would Jack be?
   1. Stream\*
   2. Restaurant

Reversal-Here There

1. Right now Taylor is posing for the camera. In five hours he will be sitting in a hot tub. If it were 5 hours from now, what would Taylor be doing?
   1. Posing for the camera
   2. Sitting in a hot tub \*

Reversal Now Then

1. Bella is watering her flowers in her apartment in New York, Aiden is in the North Pole ice fishing. If New York were the North Pole, where would Bella be?
   1. New York
   2. North Pole\*

Reversal- here there

## Relational Frame Theory Perspective Taking Task (RFT-PT) Brief

*Note: The correct answer is written in capitals after each question; all items are organized by deictic relational type and complexity evaluated. They were presented to participants in random order and not in the order listed below.*

Instructions: This second perspective taking task consists of answering 25 questions that will require that you pay close attention to subtle changes in perspectives. You will want to imagine the scenario and visualise the perspective change. Please try to pay close attention and try to answer as accurately as possible.

Reversed Relations I-YOU (4 items, 1 FOIL)

1. I have a green brick and you have a red brick. If I was you and you were me,
   1. Which brick would I have? RED
   2. Which brick would YOU have? GREEN
2. I have a red brick and you have a green brick. If I was you and you were me,
   1. Which brick would I have? GREEN
   2. Which brick would YOU have? RED
3. I am sitting here on the blue chair and you are sitting there on the black chair. If I was you and you were me,
   1. Where would I be siting? BLACK
   2. Where would YOU be sitting? BLUE
4. I am sitting here on the black chair and you are sitting there on the blue chair. If I was you and you were me,
   1. Where would YOU be sitting? BLACK
   2. Where would I be sitting? BLUE
5. FOIL: You have a red brick and I have a green brick. If I was me, and you were you,
   1. Which brick would I have? GREEN
   2. Which brick would YOU have? RED

Reversed Relations HERE-THERE (4 items, 1 FOIL)

1. I am sitting here on the black chair and you are sitting there on the blue chair. If here was there and there was here,
   1. Where would YOU be sitting? BLACK
   2. Where would I be sitting? BLUE
2. Yesterday you were sitting there on the black chair, today you were sitting here on the blue chair. If here was there and there was here,
   1. Where would YOU be sitting then? BLUE
   2. Where would YOU be sitting now? BLACK
3. Yesterday I was sitting there on the blue chair, today I am sitting here on the black chair. If here was there and there was here,
   1. Where would I be sitting then? BLACK
   2. Where would I be sitting now? BLUE
4. Yesterday you were sitting there on the blue chair, today you are sitting here on the black chair. If here was there and there was here.
   1. Where would you be sitting now? BLUE
   2. Where would you be sitting then? BLACK
5. FOIL: You are sitting there on the blue chair and I am sitting here on the black chair. If here was here and there was there,
   1. Where would YOU be sitting? BLUE
   2. Where would I be sitting? BLACK

Reversed Relations NOW-THEN (4 items, 1 FOIL)

1. Yesterday I was reading, today I am watching television. If now was then and then was now,
   1. What would I be doing now? Reading
   2. What would I be doing then? Watching television
2. Yesterday I was watching television, today I am reading. If now was then and then was now,
   1. What would I be doing then? Reading
   2. What would I be doing now? Watching television
3. Yesterday you were watching television, today you are reading. If now was then and then was now,
   1. What would you be doing then? READING
   2. What would you be doing now? WATCHING TV
4. Yesterday I was sitting there on the black chair, today I am sitting here on the blue chair. If now was then and then was now,
   1. Where would I be sitting now? BLACK
   2. Where would I be sitting then? BLUE
5. FOIL: Yesterday I was reading, today I am watching television. If now was now and t hen was then,
   1. What would I be doing now? WATCHING TV
   2. What would I be doing then? READING

Double Reversed Relations I-YOU/HERE-THERE (3 items, 1 FOIL= ProSocial Group; #19 added for Coercive Group 4 items, 1 FOIL)

1. I am sitting here on the black chair and you are sitting there on the blue chair. If I was you and you were me and if here was there and there was here,
   1. Where would YOU be sitting? BLUE
   2. Where would I be sitting? BLACK
2. I am sitting here on the black chair and you are sitting there on the blue chair. If I was you and you were me and if here was there and there was here,
   1. Where would I be sitting? BLACK
   2. Where would YOU be sitting? BLUE
3. I am sitting here on the blue chair and you are sitting there on the black chair. If I was you and you were me and if here was there and there was here,
   1. Where would I be sitting? BLUE
   2. Where would YOU be sitting? BLACK
4. I am sitting here on the blue chair and you are sitting there on the black chair. If I was you and you were me and if here was there and there was here. a. Where would YOU be sitting? BLACK b. Where would I be sitting? BLUE
5. FOIL: I am sitting here on the black chair and you are sitting there on the blue chair. If I was you and you were me, and if here was here and there was there,
   1. Where would I be sitting? BLUE
   2. Where would YOU be sitting? BLACK

Double Reversed Relations HERE-THERE/NOW-THEN (4 items, 1 FOIL)

1. Yesterday you were sitting there on the black chair, today you are sitting here on the blue chair. If here was there and there was here and if now was then and then was now.
   1. Where would you be sitting now? BLUE
   2. Where would I be sitting then? BLACK
2. Yesterday I was sitting there on the black chair, today I am sitting here on the blue chair. If here was there and there was here and if now was then and then was now,
   1. Where would I be sitting then? BLACK
   2. Where would I be sitting now? BLUE
3. Yesterday you were sitting there on the blue chair, today you are sitting here on the black chair. If here was there and there was here and if now was then and then was now,
   1. Where would you be sitting now? BLACK
   2. Where would you be sitting then? BLUE

1. (Yesterday you were sitting there on the black chair, today you are sitting here on the blue chair. If here was there and there was here and if now was then and then was now,
   1. Where would you be sitting then? BLACK
   2. Where would you be sitting now? BLUE
2. FOIL: Yesterday you were sitting there on the blue chair, today you are sitting here on the black chair. If here was there and there was here and if now was now and then was then,
   1. Where would you be sitting then? BLACK
   2. Where would you be sitting now? BLUE

## Deictic Relational Task Emotion (DRT-E) Brief

*Note: \* indicates correct answer; all items have deictic relational type and complexity evaluated in the task nominated below the answer choices.*

Instructions: This perspective taking task consists of answering 25 questions that will require that you take the perspectives of other people. You will want to imagine the scenario and visualise the perspective change. Some of these changes are subtle. Therefore, please try to pay close attention and try to answer as accurately as possible.

1) Sarah feels happy and Darin feels angry. If Sarah was Darin and Darin were Sarah,

How would Sarah feel? Happy Angry\*

How would Darin feel? Happy\* Angry

Reversed I-YOU

2) Andy is here getting cut off in traffic and feeling angry. Michael is there breaking up with his partner and feeling sad. If here was there and there was here,

What would Andy be feeling? Angry Sad\*

What would Michael feeling? Angry\* Sad

Reversed Here-There

3) Yesterday Emma was there getting cut off in traffic and feeling angry. Today Peter was here watching a scary movie and feeling afraid. If here was there and there was here,

What would Emma be feeling there? Angry Afraid\*

What would Peter be feeling here? Angry\* Afraid

Reversed Here-There

4) Linda is here watching a scary movie and feeling afraid. Patrick is there getting a pay increase at work and feeling happy. If Linda was Patrick and Patrick were Linda, AND if here was there and there was here,

What would Patrick be feeling? Afraid Happy\*

What would Linda be feeling? Afraid\* Happy

Double Reversed I-You, Here-There

5) Yesterday Rob was there getting cut off in traffic and feeling angry. Today Martin was getting a pay increase at work and feeling happy. If here was there and there was here, AND if now was then and then was now.

What would Martin be feeling now? Angry Happy\*

What would Rob be feeling then? Angry\* Happy

Double Reversed Here-There, Now-Then

6) Yesterday Sophie was there breaking up with her partner and feeling sad. Today Charlie is here watching a scary movie and feeling afraid. If here was there and there was here, AND if now was then and then was now,

What would Charlie be feeling now? Sad Afraid\*

What would Sophie be feeling then? Sad\* Afraid

Double Reversed Here-There, Now-Then

7) Yesterday Kate was watching a scary movie and feeling afraid. Today she is breaking up with her partner and feeling sad. If now was then and then was now

What would Kate be feeling now? Afraid\* Sad

What would Kate be feeling then? Afraid Sad\*

Reversed Now-Then

8) Yesterday Lee was watching a scary movie and feeling afraid. Today he is getting a pay increase at work and feeling happy. If now was then and then was now,

What would Lee be feeling now? Afraid\* Happy

What would Lee be feeling then? Afraid Happy\*

Reversed Now-Then

9) Sean is here feeling afraid. Claire is there feeling happy. If Sean was Claire and Claire were Sean,

What would Sean be feeling? Afraid Happy\*

What would Claire I feeling? Afraid\* Happy

Reversed I-You

10) Yesterday Michelle was getting cut off in traffic and feeling angry. Today she is breaking up with her partner and feeling sad. If now was then and then was now,

What would Michelle be feeling now? Angry\* Sad

What would Michelle be feeling then? Angry Sad\*

Reversed Now-Then

11) William is here getting a pay increase at work and feeling happy. Mark is there breaking up with his partner feeling sad. If William was Mark and Mark were William, AND if here was there and there was here,

What would William be feeling? Happy\* Sad

What would Mark be feeling? Happy Sad\*

Double Reversed I-You, Here-There

12) Yesterday Jackie was there watching a scary movie and feeling afraid. Today Matt is here getting a pay increase at work and feeling happy. If here was there and there was here, AND if now was then and then was now,

What would Matt be feeling now? Afraid Happy\*

What would Jackie be feeling then? Afraid\* Happy

Double Reversed Here-There, Now-Then

13) Tim feels sad and Ryan feels afraid. If Tim was Tim and Ryan was Ryan,

How would Tim feel? Sad\* Afraid

How would Ryan feel? Sad Afraid\*

Reversed I-You FOIL

14) Zoe is there breaking up with her partner and feeling sad. Samantha is here getting cut off in traffic and feeling angry. If here was here and there was there,

What would Zoe be feeling? Sad\* Angry

What would Samantha be feeling? Sad Angry\*

Reversed Here-There FOIL

15) Luke is here breaking up with his partner and feeling sad. Amelia is there watching a scary movie and feeling afraid. If Luke was Amelia and Amelia were Luke, AND if here was there and there was here,

What would Amelia be feeling? Sad Afraid\*

What would Luke be feeling? Sad\* Afraid

Double Reversed I-You, Here-There

16) Yesterday Taylor was there getting cut off in traffic and feeling angry. Today Joseph is here breaking up with his partner feeling sad. If here was there and there was here, AND if now was then and then was now,

What would Joseph be feeling now? Angry Sad\*

What would Taylor be feeling then? Angry\* Sad

Double Reversed Here-There, Now-Then

17) Yesterday Hannah was there getting a pay increase at work and feeling happy. Today Aiden is here breaking up with his partner feeling sad. If here was there and there was here, AND if now was now and then was then,

What would Aiden be feeling now? Happy\* Sad

What would Hannah be feeling then? Happy Sad\*

Double Reversed Here-There, Now-Then FOIL

18) April is here getting a pay increase at work and feeling happy. Kylie is there watching a scary movie and feeling afraid. If here was there and there was here,

What would April be feeling? Happy Afraid\*

What would Kylie be feeling? Happy\* Afraid

Reversed Here-There

19) Yesterday Hammish was getting a pay increase at work and feeling happy. Today he is getting cut off in traffic and feeling angry. If now was then and then was now.

What would Hammish be feeling now? Happy\* Angry

What would Hammish be feeling then? Happy Angry\*

Reversed Now-Then

20) Yesterday Justin was there breaking up with his partner and feeling sad. Today Steve is here getting a pay increase at work and feeling happy. If here was there and there was here,

What would Justin be feeling? Sad Happy\*

What would Steve be feeling? Sad\* Happy

Reversed Here-There

21) Stacey is here feeling angry and Jodie is there feeling sad. If Stacey was Jodie and Jodie were Stacey,

What would Stacey be feeling? Angry Sad\*

What would Jodie be feeling? Angry\* Sad

Reversed I-You

22) Ben feels happy and Jack feels afraid. If Ben was Jack and Jack were Ben,

What would Jack be feeling? Happy\* Afraid

What would Ben be feeling? Happy Afraid\*

Reversed I-You

23) Yesterday James was watching a scary movie and feeling afraid. Today he is getting cut off in traffic and feeling angry. If now was now and then was then,

What would James be feeling now? Afraid Angry\*

What would James be feeling then? Afraid\*Angry

Reversed Now-Then FOIL

24) Emily is here getting cut off in traffic and feeling angry. Louise is there getting a pay increase at work and feeling happy. If Emily was Louise and Louise were Emily, AND if here was here and there was there,

What would Emily be feeling? Angry Happy\*

What would Louise be feeling? Angry\* Happy

Double Reversed I-You, Here-There FOIL

25) Dave is there watching a scary movie and feeling afraid. Greg is here getting a pay increase at work and feeling happy. If Dave was Greg and Greg were Dave, AND if here was there and there was here,

What would Greg be feeling? Afraid Happy\*

What would Dave be feeling? Afraid\* Happy

Double Reversed I-You, Here-There

## Relational Frame Theory Perspective Taking Emotion (RFT PT-E) Brief

***Instructions:*** This perspective taking task consists of answering 25 questions that will require that you take the perspectives of other people. In the next task there will be situations that can cause some people to feel afraid (i.e. watching a scary movie), situations that can cause some people to feel happy (i.e. getting a pay increase at work), situations that can cause some people to feel to feel sad (ie. breakup with boyfriend or girlfriend, pet dies), and some situations that can cause some people to feel angry (ie. getting cut off in traffic). Although different people may feel differently when they’re watching a scary movie (i.e. they may instead feel excited), the point of this exercise is not asking how you would actually feel in these scenarios. The questions are asking to imagine you feel those emotions during those events.

The answers to these questions may seem simple, but it is not as easy as it looks. You are being asked to imagine a complex scenario and to visualize a change in perspective. Some of these changes are subtle. Therefore, please try to pay close attention and try to answer as accurately as possible.

*Note: \* indicates correct answer; all items have deictic relational type and complexity evaluated in the task nominated below the answer choices*

1. I feel happy and you feel angry. If I was you and you were me,

How would I feel? Happy Angry\*

How would YOU feel? Happy\* Angry

Reversed I-YOU

2. Yesterday YOU were there breaking up with your partner and feeling sad. Today I am here getting a pay increase at work and feeling happy. If here was there and there was here,

How would I be feeling? Sad\* Happy

How would YOU feeling? Sad Happy\*

Reversed Here-There

3. Yesterday you were there getting cut off in traffic and feeling angry. Today you are here watching a scary movie and feeling afraid. If here was there and there was here,

What would YOU be feeling there? Angry Afraid\*

What would YOU be feeling here? Angry\* Afraid

Reversed Here-There

4. I am here watching a scary movie and feeling afraid. You are there getting a pay increase at work and feeling happy. If I was you and you were me, AND if here was there and there was here,

What would YOU be feeling? Afraid Happy\*

What would I be feeling? Afraid\* Happy

Double Reversed I-You, Here-There

5. Yesterday I was getting cut off in traffic and feeling angry. Today I am breaking up with my partner and feeling sad. If now was then and then was now,

What would I be feeling now? Angry\* Sad

What would I be feeling then? Angry Sad\*

Reversed Now-Then

6. Yesterday you were there getting cut off in traffic and feeling angry. Today you are getting a pay increase at work and feeling happy. If here was there and there was here, AND if now was then and then was now.

What would you be feeling now? Angry Happy\*

What would you be feeling then? Angry\* Happy

Double Reversed Here-There, Now-Then

7. I am here getting cut off in traffic and feeling angry. You are there getting a pay increase at work and feeling happy. If I was you and you were me, AND if here was here and there was there,

What would I be feeling? Angry Happy\*

What would YOU be feeling? Angry\* Happy

Double Reversed I-You, Here- There FOIL

8. I am here feeling angry and you there feeling sad. If I was you and you were me,

What would YOU be feeling? Angry\* Sad

What would I be feeling? Angry Sad\*

Reversed I-You

9. I am here getting cut off in traffic and feeling angry. YOU are there breaking up with your partner and feeling sad. If here was there and there was here,

What would YOU be feeling? Angry\* Sad

What would I be feeling? Angry Sad\*

Reversed Here-There

10. Yesterday you were watching a scary movie and feeling afraid. Today you are getting a pay increase at work and feeling happy. If now was then and then was now,

What would you be feeling now? Afraid\* Happy

What would you be feeling then? Afraid Happy\*

Reversed Now-Then

11. Yesterday I was there getting cut off in traffic and feeling angry. Today I am here breaking up with my partner feeling sad. If here was there and there was here, AND if now was then and then was now,

What would I be feeling now? Angry Sad\*

What would I be feeling then? Angry\* Sad

Double Reversed Here-There, Now-Then

12. I am here breaking up with my partner and feeling sad. You are there watching a scary movie and feeling afraid. If I was you and you were me, AND if here was there and there was here,

What would I be feeling? Sad\* Afraid

What would YOU be feeling? Sad Afraid\*

Double Reversed I-You, Here- There

13. Yesterday I was watching a scary movie and feeling afraid. Today I am breaking up with my partner and feeling sad. If now was then and then was now,

What would I be feeling now? Afraid\* Sad

What would I be feeling then? Afraid Sad\*

Reversed Now-Then

14. I feel sad and you feel afraid. If I was you and you were me,

How would I feel? Sad Afraid\*

How would YOU feel? Sad\* Afraid

Reversed I-You

15. I am here getting a pay increase at work and feeling happy. YOU are there watching a scary movie and feeling afraid. If here was there and there was here,

What would YOU be feeling? Happy\* Afraid

What would I be feeling? Happy Afraid\*

Reversed Here-There

16. Yesterday you were there breaking up with your partner and feeling sad. Today you are here watching a scary movie and feeling afraid. If here was there and there was here, AND if now was then and then was now,

What would you be feeling now? Sad Afraid\*

What would you be feeling then? Sad\* Afraid

Double Reversed Here-There, Now Then

17. Yesterday you were there getting a pay increase at work and feeling happy. Today you are here breaking up with your partner feeling sad. If here was there and there was here, AND if now was now and then was then,

What would you be feeling now? Happy\* Sad

What would you be feeling then? Happy Sad\*

Double Reversed Here-There, Now-Then FOIL

18. I am here getting a pay increase at work and feeling happy. You are there breaking up with your partner and feeling sad. If I was you and you were me, AND if here was there and there was here,

What would I be feeling? Happy\* Sad

What would YOU be feeling? Happy Sad\*

Double Reversed I-You, Here-There

19. Yesterday you were getting a pay increase at work and feeling happy. Today you are getting cut off in traffic and feeling angry. If now was then and then was now.

What would you be feeling now? Happy\* Angry

What would you be feeling then? Happy Angry\*

Reversed Now-Then

20. I am here feeling afraid and you there feeling happy. If I was you and you were me,

What would YOU be feeling? Afraid\* Happy

What would I be feeling? Afraid Happy\*

Reversed I-You

21. I feel happy and you feel afraid. If I was me and you were you,

What would YOU be feeling? Happy\* Afraid

What would I be feeling? Happy Afraid\*

Reversed I-You FOIL

22. Yesterday I was there watching a scary movie and feeling afraid. Today I am here getting a pay increase at work and feeling happy. If here was there and there was here, AND if now was then and then was now,

What would I be feeling now? Afraid Happy\*

What would I be feeling then? Afraid\* Happy

Double Reversed Here-There, Now-Then

23. You are there watching a scary movie and feeling afraid. I am here getting a pay increase at work and feeling happy. If I was you and you were me, AND if here was there and there was here,

What would I be feeling? Afraid Happy\*

What would YOU be feeling? Afraid\* Happy

Double Reversed I-You, Here-There

24. Yesterday I was watching a scary movie and feeling afraid. Today I am getting cut off in traffic and feeling angry. If now was now and then was then,

What would I be feeling now? Afraid Angry\*

What would I be feeling then? Afraid\* Angry

Reversed Now-Then FOIL

25. You are there breaking up with your partner and feeling sad. I am here getting cut off in traffic and feeling angry. If here was here and there was there,

What would YOU be feeling? Sad\* Angry

What would I be feeling? Sad Angry\*

Reversed Here-There FOIL