

# Informed Consent

## Can you imagine?

Before you say YES or NO to anything at all, think through every aspect of the situation and make an informed decision. Use this imaginary Informed Consent document to guide you. Say YES or NO wholeheartedly. Say it, LOUD AND PROUD. This exercise works for big decisions, like whether or not to have sex, and small decisions, like accepting your bestie's request to drive vs taking an Uber.

HERE IT GOES...

### INFORMED CONSENT

I \_\_\_\_\_(your name) \_\_\_\_\_ have been made aware of all of the potential risks and benefits (physically, spiritually, emotionally, intellectually) of this situation. I have thought through various alternatives and decided that *I'm In! My answer is YES.*

I \_\_\_\_\_(your name) \_\_\_\_\_ have been made aware of all of the potential risks and benefits (physically, spiritually, emotionally, intellectually) of this situation. I have thought through various alternatives and decided that *Not a chance in hell! My answer is NO.*

### VIDEO/PHOTO CONSENT

\_\_\_\_My initials here indicate that I DO consent to videos or photos of me being taken throughout this experience and being published on the internet. To photos and videos, my answer is YES.

\_\_\_\_My initials here indicate that I DO NOT consent to videos or photos of me being taken throughout this experience and being published on the internet. To photos and videos, my answer is NO

### ALL PARTIES UNDERSTAND 100%

Participant Signature \_\_\_\_\_

Participant Signature \_\_\_\_\_

Participant Signature \_\_\_\_\_

Participant Signature \_\_\_\_\_

**#NOTTHERAPY**