

Meet Brian and Gail: what makes you feel uncomfortable?

This scene introduces Brian and Gail. We are going to have a privileged look inside their lives. We don't usually get to know what is happening in people's personal lives. When the scene opens, Gail is returning home from a late shift. It is the middle of the night.

Watch for things that make you feel uncomfortable. These, we will soon learn, are warning signs.

Please remember, always take care of yourself in this training. If the scene is difficult to watch or if it reminds you of personal experiences or experiences of others who know, feel free to turn it off, to take a break or to talk to someone for support.