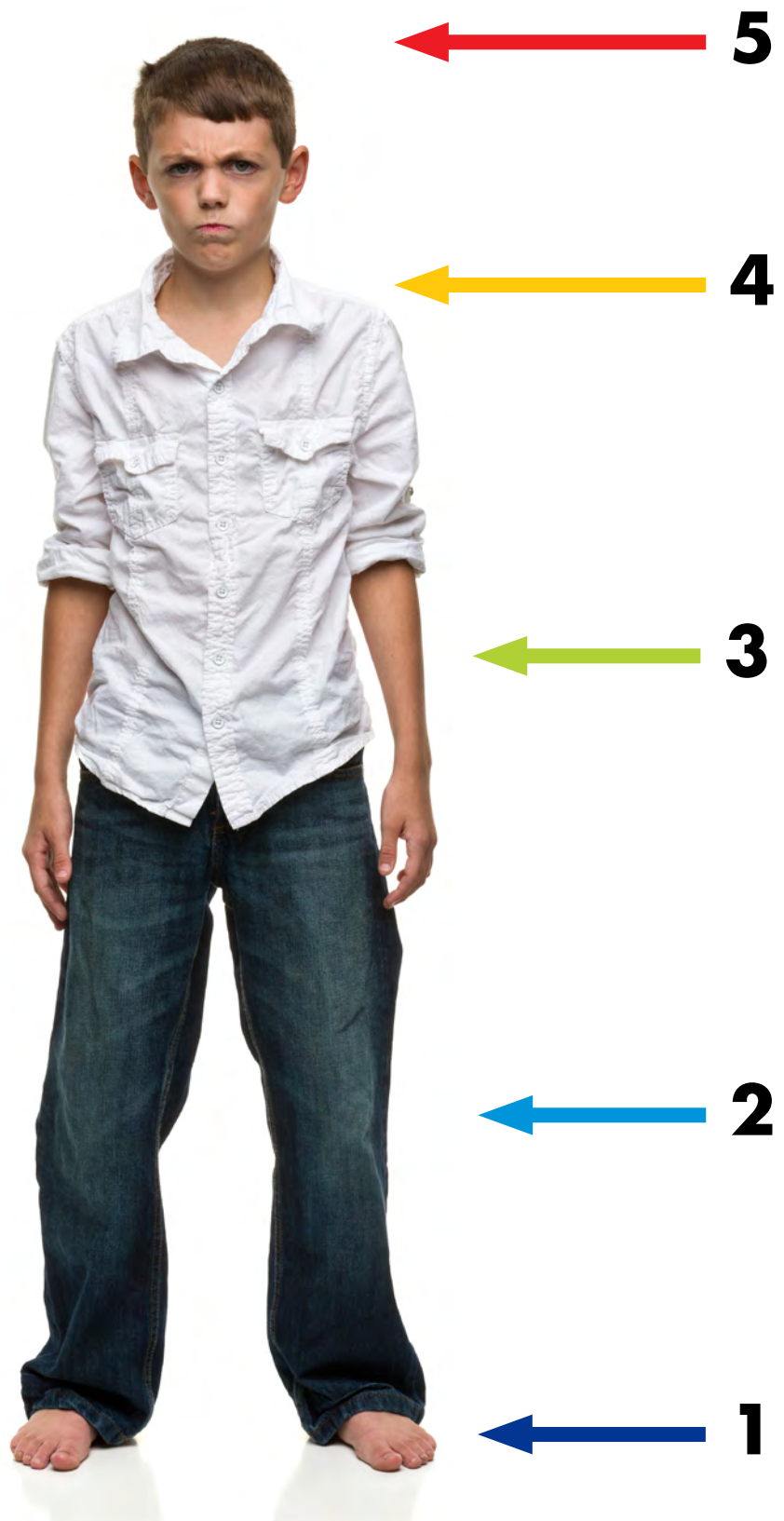


Tool 17: 5 to 1



Tool 17: 5 to 1

What does it look or feel like?

Name: _____ My: _____ scale

Rating	Looks like	Feels like	I can try to
			
			
			
			
			

The Incredible 5 - Point Scale - Baron Curtis (2003)

Tool 17: 5 to 1

What does it look or feel like?Name: Ben My: Angry / Pissed off scale

Rating	Looks like	Feels like	I can try to
	Swearing Breaking stuff clenching teeth Wide-eyed	I have to break something Feels like I need to leave Like I will explode.	Help me leave Take a walk with me
	Swearing	Mad	Leave the room with permission to go to a safe place
	Not talking Pacing A little swearing	Upset	Go get a drink
	Not happy Keeping to self Still interacting with others	?	Talk to a safe person Use deep breathing
	None?	None?	Talk to a safe person Use deep breathing

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