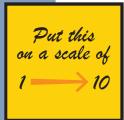
Put this on a scale of 10



Put This On A Scale

Objective:

The intensity of how we react to the different events and issues in our lives varies greatly from person to person. Some have a tendency toward extreme, over the top reactions, while others may tend to minimize or swallow their emotions. Still others experience tremendous difficulty putting words to their feelings at all.

Put This On A Scale can help us:

- Describe our feelings or reactions more accurately by rating (on a scale of 1-10) how sad, uncomfortable or overwhelming something feels
- Recognize reoccurring patterns in our emotional responses to situations, people or problems
- Identify when our feelings are spiraling up or down and we need to take appropriate actions to alleviate their intensity

Approach:

Show the front of the card. Ask the person to describe a problem they are currently experiencing. Can they explain how they feel? How strong are these feelings? How do these feelings compare to those they have about other situations or past experiences?

Explain the value of learning to accurately describe and quantify the intensity of our emotions. Then introduce the 1-10 scale and demonstrate how it is weighted by giving relevant examples:

- #10 I am in extreme emotional pain...the most I've ever felt; I feel unbearably sad / anxious / hurt; I'm blinded by rage or grief and can't think clearly to make a good decision
- #5 I am able to tolerate this feeling, but it may be escalating; I am increasingly uncomfortable; I may need to intervene on my own behalf (or ask for help) before things escalate or become worse
- #1 I'm in barely any pain, feeling very little, if any, distress, anger, etc; this is tolerable to me and I feel that I can easily handle this situation
- #0 I don't feel anything; I'm devoid of emotion; I feel empty, detached or numb

Revisit the problem the person described earlier. Ask them to try to assign a number (from 1-10) to describe their feelings. Discuss their response. Repeat this exercise regularly, as different situations arise.

Outcomes:

Put This On A Scale can be used to clarify an unlimited range of feelings - love, pleasure, helplessness, relaxation. When we develop our proficiency at using this tool, we can build self-awareness and better coping skills for dealing with stress. If our feelings become or remain too extreme - in either direction - we are more prepared to take action or ask for help.



