

Put this  
on a scale of

1  10

*Put this  
on a scale of  
1 → 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.

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