
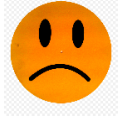

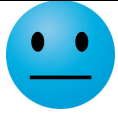



# 5 Point Scale for Anxiety

Sometimes I am in a situation that makes me feel anxious or uncomfortable. I can use the 5 Point Scale to help me express how I am feeling. I can look at my 5 Point Scale for ideas of what I can do to reduce my anxiety and help me feel more comfortable.

|          |   | How I feel              | What I can do  |
|----------|---|-------------------------|--|
| <b>5</b> |    | I am extremely anxious! | I need someone to help me. I need to leave or find a quiet dark place to sit down and do some deep breathing.        |
| <b>4</b> |   | I am very anxious.      | I need to take a 15-minute break. I need to step outside and breathe some fresh air. I need to get a drink of water. |
| <b>3</b> |  | I'm uncomfortable.      | I need to take a short break. It's time for a drink of water. I may need to go to the restroom.                      |
| <b>2</b> |  | I feel OK.              | I can keep doing what I'm doing. I may want to break a short break in a little bit.                                  |
| <b>1</b> |  | I feel great!           | I can keep doing what I'm doing.   |