|  |  |  |
| --- | --- | --- |
| **55** |  | I am not safeI need to be removed from the situation before my actions or words hurt someone |
| **4** |  | I am losing control!!!!!I need to use my relaxing techniques and some time alone to chill out and calm down |
| **3** |  | I feel crazy and a little stressed, I need to take deep calming breaths and ask for further help |
| **2** |  | I feel a little unsure but I am calm...I think I can do this |
| **1** |  | I feel happy and confident |

**1**

**2**

**3**

**55**

**4**

**2**

**3**

**55**

**4**

**1**

**4**

**1**

**2**

**3**

**55**