

Control Scale

	How does this feel?	What makes me feel this way?	What do I do?	What CAN I do?
5	 THIS CAN MAKE ME LOSE CONTROL			
4	 This can make me MAD!!			
3	 This could make me really nervous			
2	 This might make me feel uncomfortable			
1	 I can handle this			

Control Scale

	How does this feel?	What makes me feel this way?	What do I do better now?
5	 THIS CAN MAKE ME LOSE CONTROL		
4	 This can make me MAD!!		
3	 This could make me really nervous		
2	 This might make me feel uncomfortable		
1	 I can handle this		

