

Scale	Body & Brain Behaviors	Possible Strategies to Use
5	<ul style="list-style-type: none"> ● Brain is not thinking rationally ● Complete sense of panic ● Body is in Flight, Flee, Freeze response ● Loss of control 	<ul style="list-style-type: none"> ● Take Space ● Breath ● Be Safe-find a safe space ● Others may need to intervene to keep you safe ● Grounding Exercises
4	<ul style="list-style-type: none"> ● Brain is not totally thinking rationally ● Body flooded with stress hormones ● Beginning of Flight, Flee, Freeze ● Panic beginning to set in 	<ul style="list-style-type: none"> ● Take Space ● Breath ● Remove self from the space/situation if helpful ● Stop Engaging - Try to remember, you are not thinking clearly now...this will pass ● Grounding Exercises
3	<ul style="list-style-type: none"> ● With some significant effort and conscientious use of strategies, can be flexible and think of others ● May need support to problem solve ● Rigidity may start to set in ● Beginning to have irrational thoughts ● Possible heightened Anxiety 	<ul style="list-style-type: none"> ● Breath ● Take Space (physically or emotionally) ● Scale the Problem (it's probably not as big as it feels) ● Ask for Help ● Slow Down, Remember, Thinking Flexibly can help ● Remember that feelings come and go ● Think "Do I have a Thought Error?" ● Find an Antidote Thought / Mantra ● Locate and Relax tension in your body
2	<ul style="list-style-type: none"> ● With some effort, can be flexible and think of others ● Able to change thoughts and expectations ● Able to problem solve ● Anxiety may be kicking in 	<ul style="list-style-type: none"> ● Breath ● Scale the Problem ● Positive Self Talk / Mantra ● Think a Flexible Thought ● What is your feeling telling you?
1	<ul style="list-style-type: none"> ● Able to think flexibly ● Able to think of others ● Able to change expectations ● Able to change behaviors 	<ul style="list-style-type: none"> ● Breath ● Relax and release any tension ● Positive Self Talk ● Be Flexible