

My Frustration Scale

	Looks Like	Feels Like	I Can Try to
5		I'm out of control. I'm ANGRY!!! I want to throw things and break things.	Keep my hands in control and go somewhere safe to calm down.
4		I'm unhappy. I feel stressed. I can feel myself getting out of control.	I need to use my calm down techniques. I can ask for help.
3		I'm not happy or sad... I'm just okay. I can feel a little stress. I may need to take a break.	I need to tell someone how I'm feeling and start working on my calm down techniques. I don't want to lose control.
2		Everything is good. I'm still pretty happy. I can handle myself without support.	Try not to let things aggravate me. Recognize that things may not always go my way and that's ok!
1		Everything is great! I am happy. I don't feel any stress. I can handle myself!!	Continue to be happy!!