

**Triggers:**

t  
2.  
3.  
4.  
5.

**Tools:**

1.  
2.  
3.  
4.  
5,

1	2	3	4	5	6	7	8	9	10
Sweet Dreams	Calm Peaceful	Happy Relaxed	Doing Okay	Good Stress	Upset	Oh m Gosh	EEEkkkk	Flipping Out	On Fire. Call 911

*Write in your signs of upset at each level above a 5*

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

**Tool practice (at 5 or under)**

**Reward for 7 practices:** \_\_\_\_\_

*Put out the fire (before a 7)*

**Reward for 7 successes:** - - - - -