

The Incredible 5 Point Scale

5

I can't stand this! I am ready to explode! I want to hit someone! I want to scream. I will probably need some help.

4

I am getting too angry! My brain is not thinking clearly, and I might say or do something I will be sorry for later. I need to leave.

3

I'm getting really irritated. This is the best time to walk away from a bad situation or tell my teacher I need a break.

2

I am doing O.K. I am not particularly pleased, but I am not upset. I can still work or stay where I am.

1

I am doing great. I feel good about what is going on and the people around me.