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|---|----|
| Applies coping skills they have   | 10 |
| Recognizes more feelings than "good/bad"  | 7  |
| Aware of how body language (sighing, gestures, face) expresses feelings             | 7  |
| Regulates breathing to self-calm  | 7  |
| Uses communication skills they have to manage conflict to the extent that they can  | 6  |
| Asks for what they need in a difficult situation                                    | 6  |
| Laughs easily, or just the sake of laughing   | 6  |
| Able to keep from yelling except in situations when everyone else might yell        | 5  |
| Asks for time to talk about and reframe feelings                                    | 5  |
| Works through arguments with others in constructive way, seeking to understand      | 5  |
| Uses alternatives to throwing, hitting, breaking, cursing, name-calling             | 5  |
| Uses mindfulness tools and techniques   | 5  |
| Reaches out to support system when feelings are "too big" or help reduce            | 5  |
| Compare how h/she handled something in the past and now                             | 4  |
| Changes activities to de-escalate when feelings intensify                           | 4  |
| Uses large muscle activity to modulate "big" feelingd                               | 4  |
| Talks about pros and cons about situations before things escalate                   | 4  |
| Recognizes how physical stance may come across and adjusts                          | 4  |
| Takes "time out" of own accord when situations are tense or upsetting               | 4  |
| Works through strongest feelings in counseling                                      | 3  |
| Names the feeling they're having  | 3  |
| Uses "I feel" statements  | 3  |
| Acknowledges challenge of staying in the situation and seeks assistance             | 3  |
| Clenches and unclenches fists to release anger and frustration                      | 3  |
| Walks away rather than escalate, talks about the issue later                        | 3  |
| Has flexible system of belief, is flexible  | 3  |
| Tone of voice matches feeling, able to change                                       | 3  |
| Affect in situation is similar to others' in their situation                        | 2  |
| Conscious of voice volume and adjusts it consciously                                | 2  |
| Recognizes and adjusts facial expressions in situations                             | 2  |
| Works to stay present (avoids zoning out) when feelings escalate                    | 2  |
| Continues to function when stress increases   | 2  |
| Shows up on time for appointments   | 2  |
| Persists in efforts to heal and recover   | 2  |
| Uses healthy activities to distract from feelings that feel "too large"             | 2  |
| Journals about events and feelings they bring up                                    | 2  |
| Monitors and uses information from physiological states                             | 2  |
| Seeks out techniques for increasing their feelings vocabulary                       | 1  |
| Practices positive feelings and consciously increases their frequency               | 1  |
| Reflects on situations involving strong feelings and what they might do differently | 1  |
| Steps "outside" and observes own thoughts and feelings                              | 1  |
| Uses tapping such as EFT to self-calm and "unhook" feelings from triggers           | 1  |
| Can be angry without becoming violent   | 1  |
| Keeps hurtful feelings inside to avoid damaging other relationships                 | 1  |
| Can identify feelings state   | 1  |
| Uses skills and tools to self-calm  | 1  |
| Meditates to maintain calm  | 1  |
| Moves deliberately  | 1  |
| Addresses problems  | 1  |
| Has inner focus   | 1  |
| Has words to describe emotions they feel  | 1  |
| Removes self from toxic or angry situations   | 1  |
| Hums  | 1  |
| Responds positively to others' emotions   | 1  |
| Can describe and demonstrates use of self-soothing techniques                       | 1  |
| Recognizes speed with which they can escalate and works to lengthen                 | 1  |
| Pauses  | 1  |
| Doesn't get ruffled   | 1  |