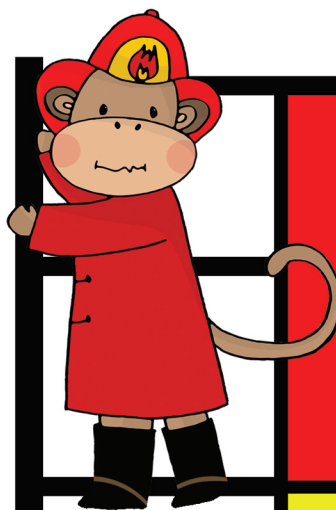


Down the ladder we go!



LEVEL 4	<p>SCENARIO: Nothing is working and I feel worse. I'm not in a place where I feel happy, safe or in control of my emotions.</p> <p>ACTION STEP: I get away from the person/situation that makes me feel anxious. I try to go down the ladder again until I can feel better.</p>
LEVEL 3	<p>SCENARIO: I feel like things are too big for me to control. I don't feel good. Everything inside me hurts.</p> <p>ACTION STEP: I remind myself that I am trying my best and that I can make myself feel better. I choose to do or focus my energy on something that makes me feel happy.</p>
LEVEL 2	<p>SCENARIO: I don't want to talk! I feel really angry/upset now. I feel like nobody listens to me!</p> <p>ACTION STEP: I think about something that makes me feel safe and happy. I try to listen to the other person and come up with a good solution.</p>
LEVEL 1	<p>SCENARIO: Something has happened that makes me feel angry/upset/hurt/mad. I want to cry or scream.</p> <p>ACTION STEP: I take 3 deep breaths. I close my eyes and count to 10 in my head. I try to use my words to explain what is bothering me.</p>

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