

Determine the size of the problem. Use the Scale of 1-10.

Then, how would you feel?

What would be a reasonable response? How about an "I statement?"

"I feel \_\_\_\_\_ because \_\_\_\_\_ and I  
want \_\_\_\_\_."

Problem	Size #	Emotion/ Feeling	Response
1. You dialed the wrong number.			
2. You lost a pen.			
3. You had a fight with boy/girlfriend.			
4. Your bike was stolen.			
5. Your ride is late for the 3 <sup>rd</sup> time this week.			
6. You left your lunch at home .			
7. Someone broke into your house and stole your TV.			
8. You broke your writing hand.			
9. You are being teased at work.			
10. You want to go to the movies. No money. ATM machine is broken.			
11. You missed the bus to your doctor's appointment.			
12. There was a fire and your apartment has smoke damage.			