



Firefly Counseling NC

Community, Creativity, Education, Empowerment

In life, we can find we have one of two emotions that seem to be out of balance, intense, and occur more often. These scale and skills worksheets assist in empowering us and our household in care for ourselves and communicating needs. While it is no one's responsibility to fix everything for us, as a household, we can communicate needs. The chart on the next page is a format for this skill.

Chart	Explanation
Labeled Emotion	Choose and write in one emotion you find challenges in managing its intensity. For example: Anger
I Feel	<p>In the rainbow section, write a word that describes that level of intensity for the one emotion. Blue (most calm) to Red (most intense). For example with Anger:</p> <ul style="list-style-type: none">(1)Blue—annoyed(2)Purple—irritated(3)Green—flustered(4)Yellow—mad(5)Orange—furious(6)Red—enraged <p>For ideas, search Google Images. Type in "feeling words" or "emotion words", and it will provide lists of word options.</p>
What I Can Do	<p>Write in skills to manage that level of intensity and prevention for it to increase. Keep in mind when emotions are in the orange and red zone, this is a time to de-escalate and not process or problem solve. Orange and red is time for distress tolerance skills.</p>
What Others Can Do	<p>Write in things others can or don't need to do when at that level of emotion. These are options to brainstorm from, not mandates. It's important to sit down and discuss these together with your household.</p> <p>This does not mean others are responsible for managing our emotions, but rather, to assist in successful communication and boundaries.</p> <p>For example if when in Orange you want to be left alone, others who reside with you and/or your support system would need to know that.</p>
Prevention	<p>Not every square might be filled in this one. Enter in DAILY skills you can use to be proactive to help the frequency and escalation of intensity of emotions to decrease. For example, practicing deep breathing whenever driving.</p>

Created by Cynthia McSwain, LCMHC: www.fireflycounselingnc.com

Emotions Scale adapted by Cynthia E. McSwain



Firefly Counseling NC

Community, Creativity, Education, Empowerment

Labeled Emotion:			
	What I can do:	What others can do:	Prevention (Proactive Skills)
Most Intense I feel: _____			
I feel _____			
I feel: _____			
I feel: _____			
I feel: _____			
Least Intense I feel: _____			