

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:			



- (1) By **Labeled Emotion**, choose and write in one emotion you find challenges in managing intensity. For example: Anger
- (2) In the **I Feel** color section, write a word that describes that level of intensity. Blue (calm) to Red (intense). For example

- (1) Blue—annoyed
- (2) Purple—irritated
- (3) Green—flustered
- (4) Yellow—mad
- (5) Orange—furious
- (6) Red—enraged

For ideas, search Google Images. Type in “feeling words” or “emotion words”, and it will provide lists of word options.

- (3) In the column of **What Can I Do** enter 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.
- (4) In the column of **What Others Can Do** enter in things others can or don’t need to do when at that level of emotion. This does not mean others are responsible for managing our emotions, but rather, to assist in successful communication and boundaries. 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.
- (5) In the column **Prevention** (not every square might be filled in this one), enter in DAILY skills you can use to be proactive to help the frequency and speed of intensity of emotions to decrease. For example, practicing deep breathing whenever driving.

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