

A 3 Out of 10 and a 9

Work out what helps when a feeling is small, and what helps when it is huge.

WHEN TO USE THIS

Use this on a steady day, so both lists are ready before you need them.

What works at a 3 rarely works at a 9. Having both lists means you are not guessing in the middle of it.

What actually helps at each end?

AT A 3 OUT OF 10

AT A 9 OUT OF 10

What do you reach for at a 9 that makes things worse afterward?

How will you know you have moved from a 3 to a 7?

The signs other people might see, too.

Knowing the number tells you which list to open.