Distress scale

A rating from 0 to 10, with a description of what each level means for you specifically.

> »I feel bad« doesn't say whether it's a three or a nine. The scale makes your state comparable over time. **Give a copy to those close to you** — they understand »I'm at a seven« better than a long explanation.

My scale

LEVEL	WHAT IT LOOKS LIKE FOR ME	WHAT I CAN STILL MANAGE	WHAT HELPS AT THIS LEVEL

1. Fill the rows with: 0–2, 3–5, 6–8, 9–10.

The threshold

At which level do I call for help?

Who do I call?

Daily record

DATE	LEVEL	WHAT AFFECTED IT

For personal use.