

Directions: To complete this scale, you will need to have your "Identify Your Triggers" worksheet with you. Organize your 1's, 2's, 3's, 4's, and 5's onto this scale. You do not have to write down all of the items listed on the "Identify Your Triggers" worksheet. Just write down the items you think are most relevant to your life.



1. Does not bother me at all.



2. Makes me feel a little uncomfortable.



3. Makes me feel stressed.



4. This upsets me.



5. I'm going to explode!
