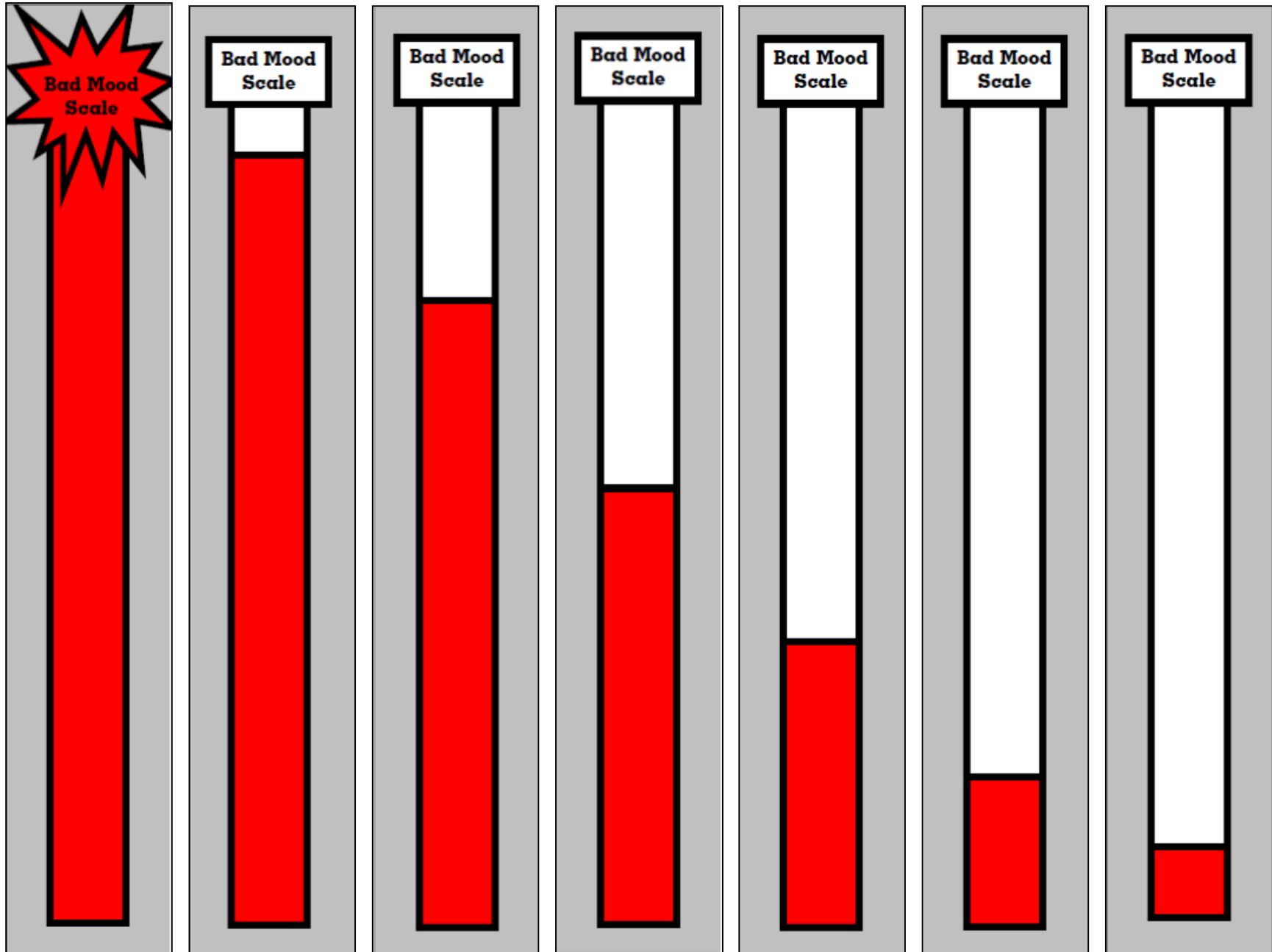
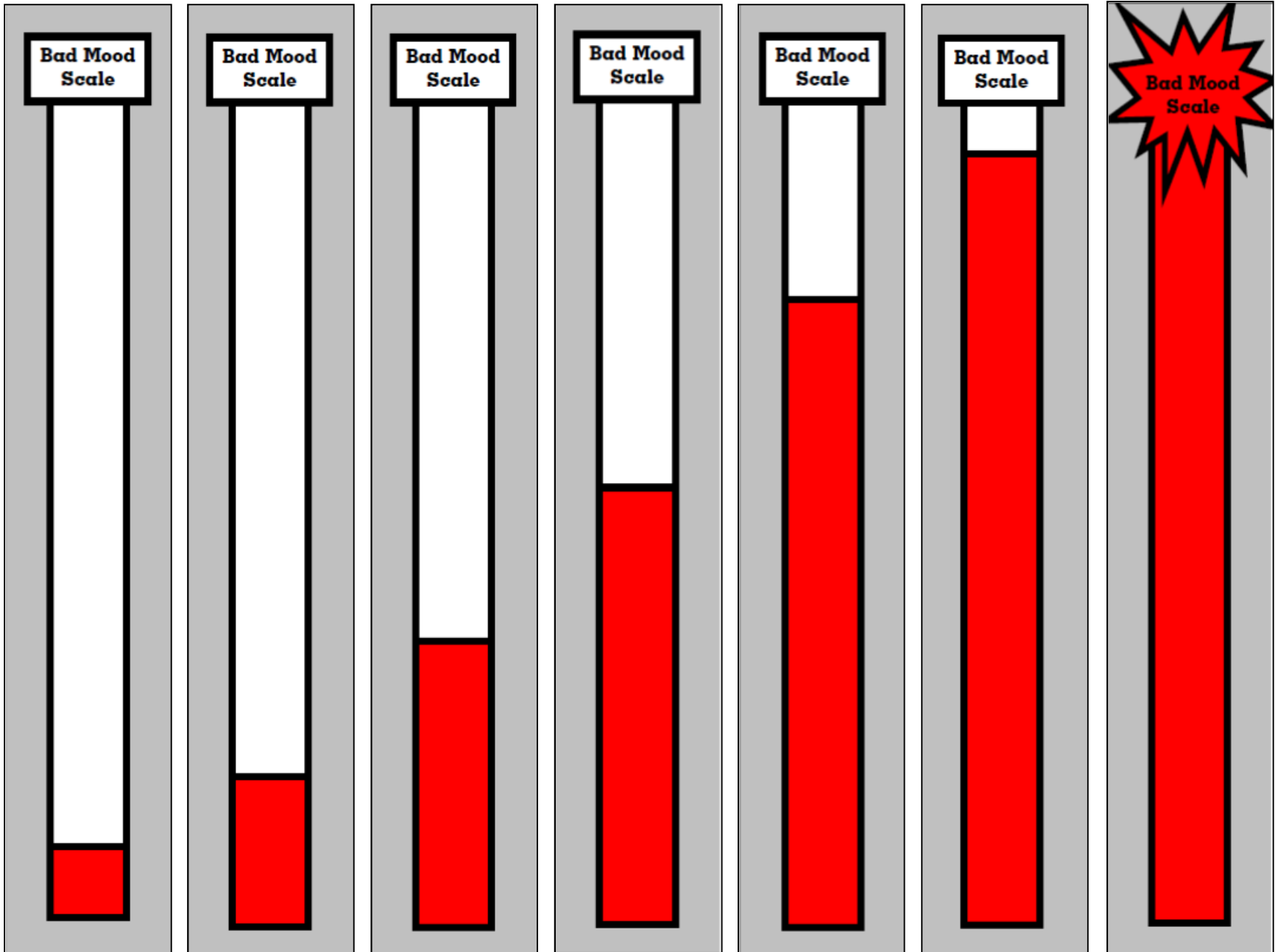


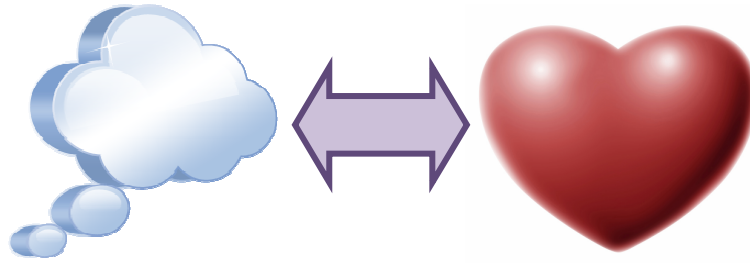
De-Escalation → GOING DOWN!



Escalation → GOING UP!



Our THOUGHTS and our FEELINGS are connected.

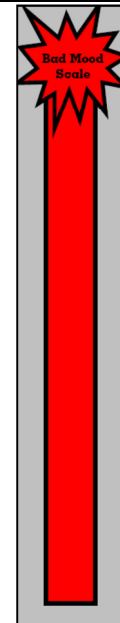
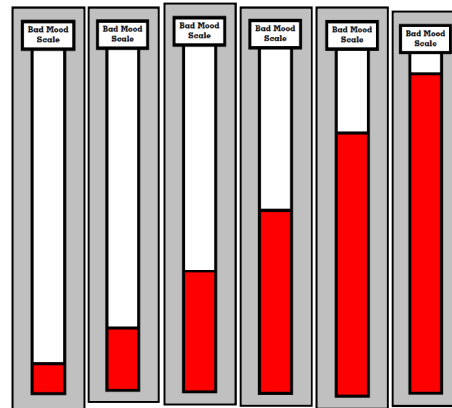
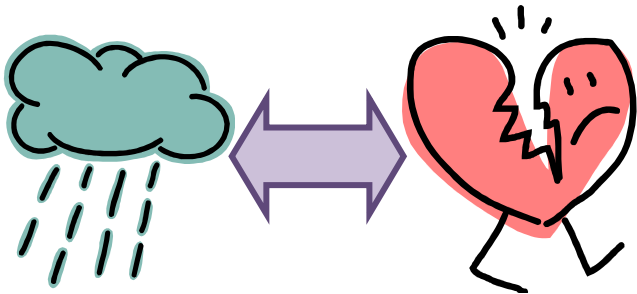


Sometimes tough things happen that make us feel mad, angry, sad, scared, worried, disappointed...

Sometimes we have a hard time thinking about anything other than those bad things and negative feelings.

This is when our "BAD MOOD SCALE" starts to go up.

If we don't change our thoughts, we might POP!

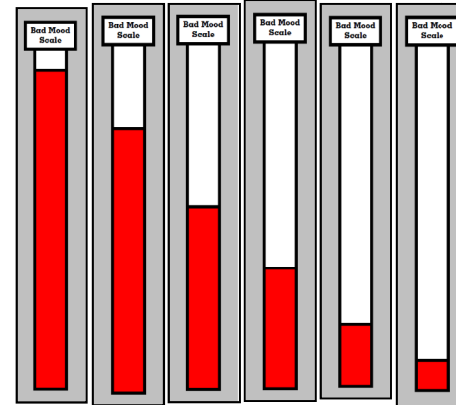
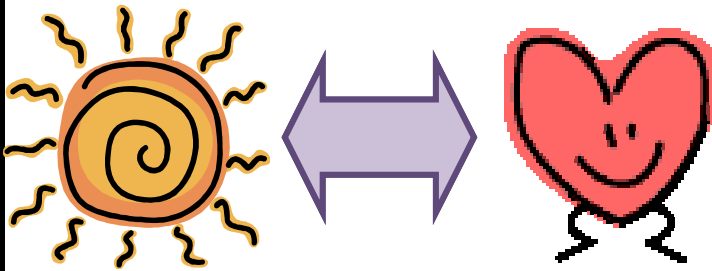
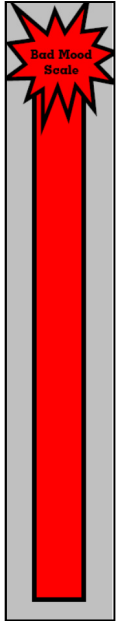


POPPING usually causes more trouble! It is hard to make safe and smart choices.

Before we get to the POPPING level on our "BAD MOOD SCALE," we should try to change our thoughts so that our feelings can be positive again.

This is when our "BAD MOOD SCALE" starts to go down.

When our "BAD MOOD SCALE" is low, we are able to make safe and smart choices.



Remember: Good Choices = Good Feelings = Good Things!