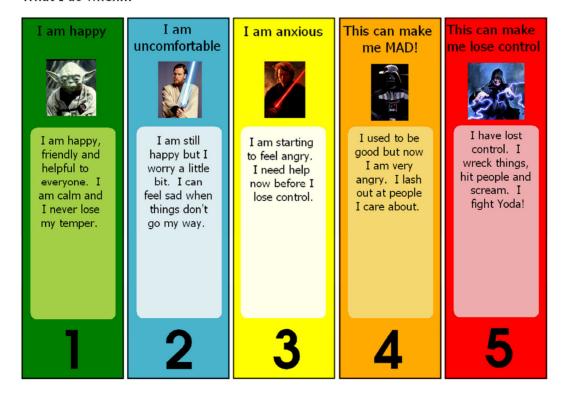


Five Point Scales

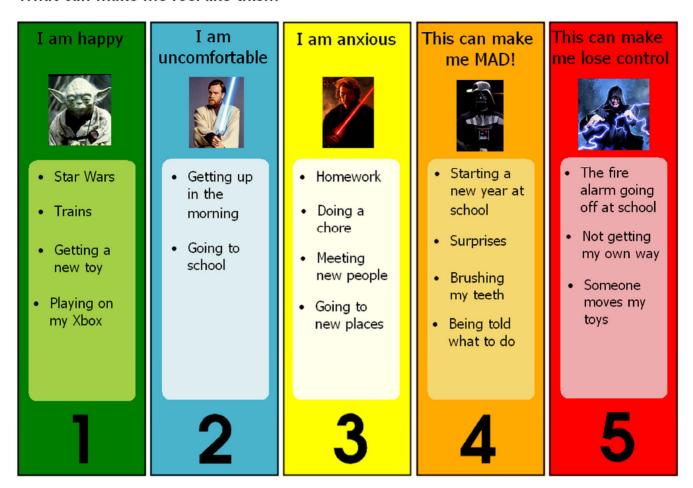
- Can be used to help individuals recognise what makes them anxious and what they can do to make themselves feel better.
- You will need to involve the individual in making their own Five Point Scale they are the best person to know what
 makes them anxious and what makes them feel better.
- You can give examples of things you think might make them anxious such as 'going to school' or 'loud noises' and ask them to place it on the scale.
- Some people may prefer just three points happy, ok, and anxious.
- You will first need to make sure the individual understands the word 'anxious' and consider using an alternative
 word such as 'worried' or 'angry'. Remember that it needs to be personal to the individual so they can choose the
 wording.
- In the beginning, you will need to prompt the individual how to use their Five Point Scale for example you might have to tell them 'you are on a number 3. You need to take some deep breaths'. Hopefully over time and with practice, the individual will be able to do this independently.

Example

What I do when...



What can make me feel like this...



What I can do to make me feel better...

