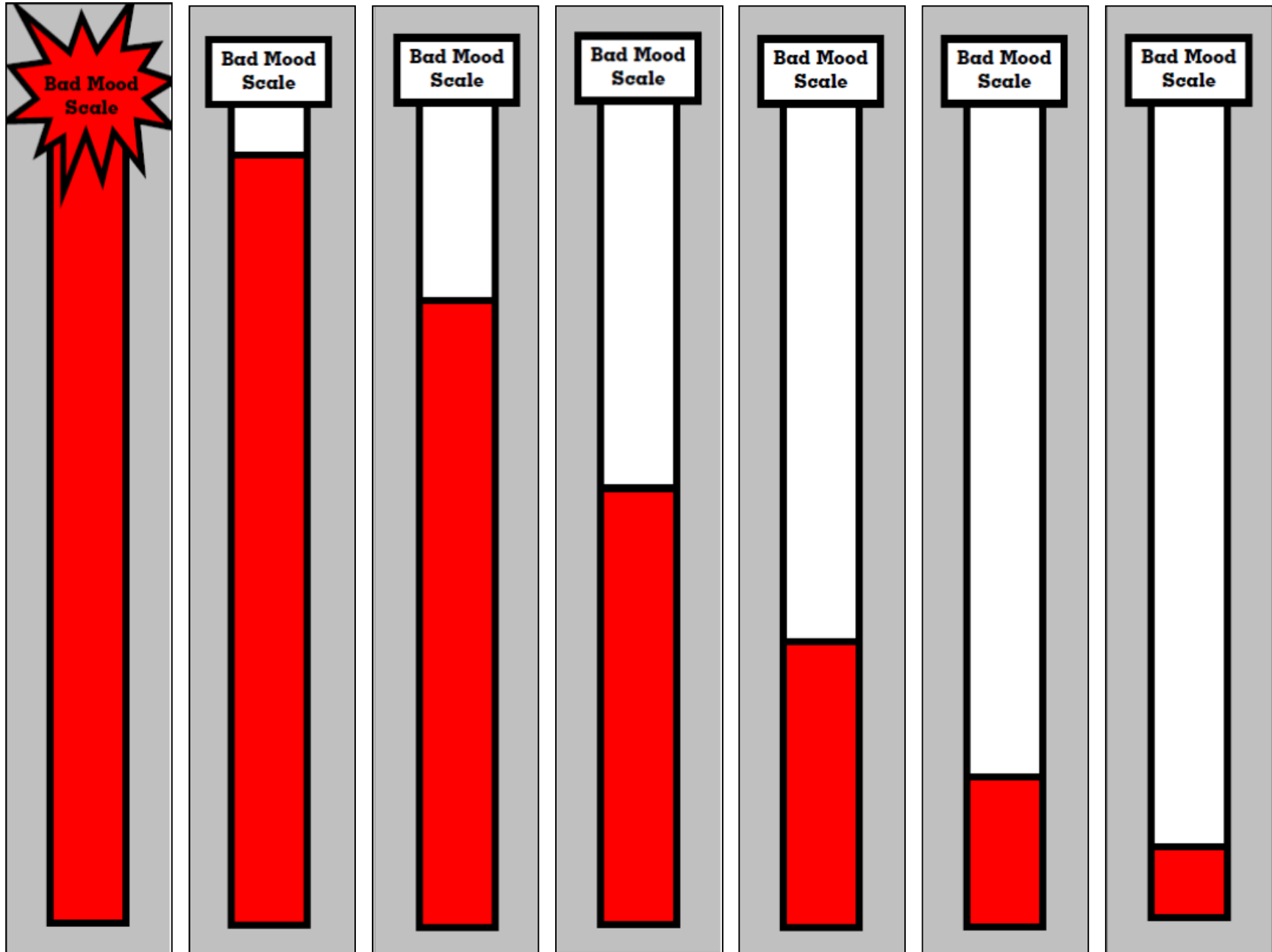
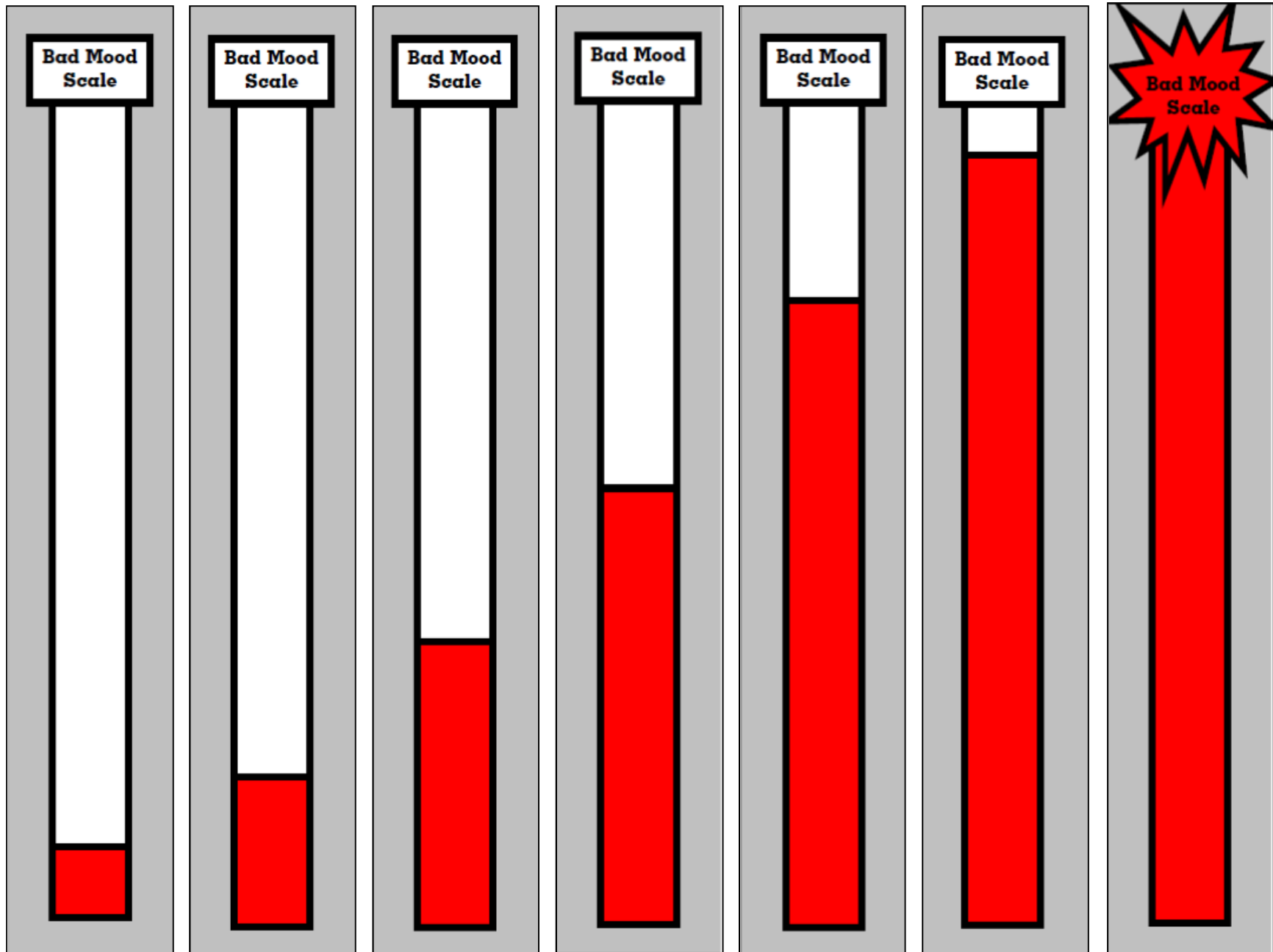


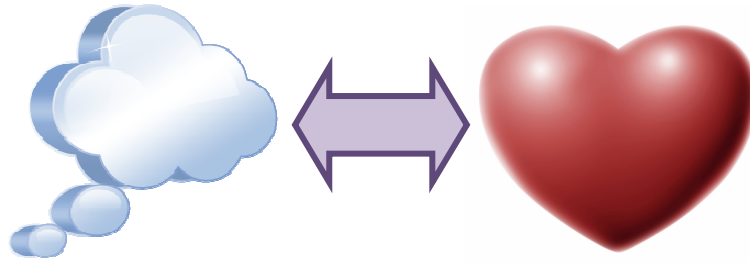
De-Escalation → GOING DOWN!



Escalation → GOING UP!



Our THOUGHTS and our FEELINGS are connected.

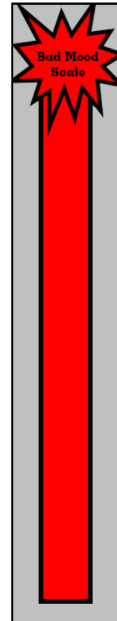
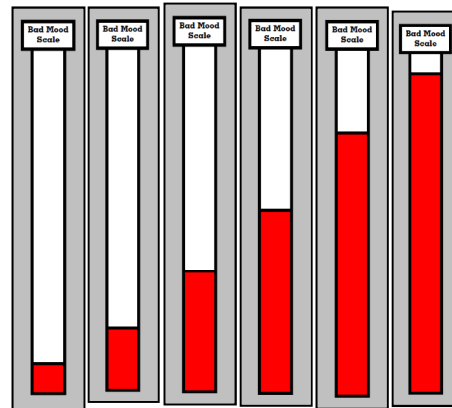
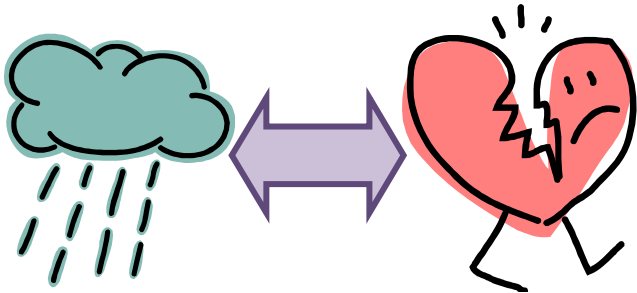


Sometimes tough things happen that make us feel mad, angry, sad, scared, worried, disappointed...

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!

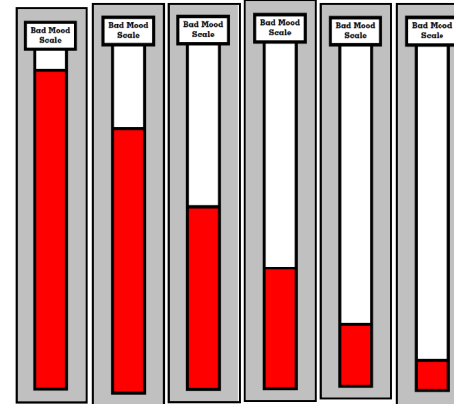
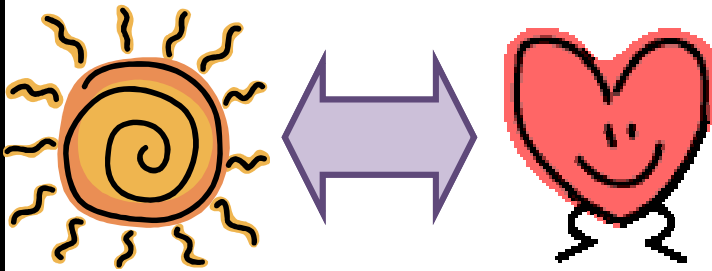
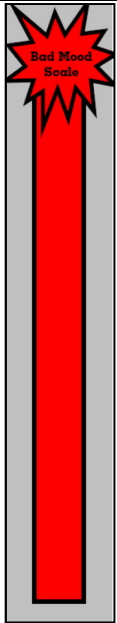


POPPING
usually causes
more trouble!
It is hard to
make safe
and smart
choices.

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!