

# 5-Point Scale (On the Job)

5	<b>Over the edge-</b> I'm ready to go off. I could lose my job at this point so I need to use my "help" card and ask my supervisor for assistance.
4	<b>Close to breaking point-</b> I can feel myself starting to lose control. I can leave and take a walk.
3	<b>Rumbling-</b> I'm feeling overwhelmed and having difficulty concentrating. I can ask my boss for a break.
2	<b>Uneasy-</b> I know something is not right. I can Self-Talk (Stay Calm!) and do deep breathing.
1	<b>Awesome-</b> I feel good and feel confident with doing my assigned tasks.

Adapted from Buron & Curtis, 2003