

Size of My Problem



Size of My Reaction

My Problem

Big:

Adults
need to
solve

Medium:

Someone
needs to
help me
(often
adults)

Small:

I can
solve
myself

10 10



9 9

B
I
G

8 8

7 7



6 6

M
E
D
I
U
M

5 5

4 4



3 3

S
M
A
L
L

2 2

1 1

What I did

Emotion Words

Really...
Scared
Hurt
Upset
Worried

Worried
Frustrated
Confused
Sad
Mad

A little...
Worried
Annoyed
Sad

- 1 Write my problem.
- 2 Circle the size of the problem number (left side).
- 3 Circle the size of the reaction number (right side).
- 4 Explain how I reacted (What I did).
- 5 Draw a line from the problem number to the reaction number.

- If my reaction size was the same size as my problem, or smaller, people usually don't think a new problem was created.
- If my reaction size was bigger than my problem size, this often creates a new problem for the people around me.
- If the line went "up" to a bigger reaction size, the new problem could be _____



Size of the Problem Visual – page 2

Big Problems: Adults need to solve these problems.

Sample Emotions that are expected with a Big Problem: scared, hurt, upset, worried

Medium Problems: Someone (often an adult) needs to help me solve this problem; it's expected that I help solve medium problems.

Sample Emotions that are expected with a Medium Problem: worried, frustrated, confused, sad, mad

Small Problems: I can solve these myself.

Same Emotions that are expected with a Small Problem: a little worried, a little annoyed, a little sad

How to Use the Size of the Problem Scale

1. Write my problem where I think it goes on the left side of the thermometer.
 2. Circle the size of the problem number (left side).
 3. Circle the size of the reaction number (right side) that it feels like to me.
 4. Explain how I reacted (what I did) and write it down on the right side.
 5. Draw a line from the problem number to the reaction number.
 - If my reaction size was the same size as my problem, or smaller, people usually don't think a new problem was created.
 - If my reaction size was bigger than my problem size, this often creates a new problem for the people around me.
 - If the line went "up" to a bigger reaction size, the new problem could be:
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