PROBLEM SOLVING THERMOMETER

Size of the Problem

BIG Problems (8-10):

_____

_____

_____

MEDIUM Problems (4-7):

_____

_____

_____

SMALL Problems (1-3) :

_____

_____

NOT a Problem (0):

_____

_____

10

9

8 FBI

7

6

5

MEDIUM Reaction

4 ESP

3

2

SMALL Reaction

1

0

Feelings and Responding in a smaller way to medium and small size problems

_____

_____

_____

Feelings and Responses for
MEDIUM Problems (2-4):

_____

_____

Feelings and Responses for
SMALL Problems (0-1):

_____

_____

Not a Problem (0):

_____

_____

Feel it **B**ig on the **I**nside (**FBI**) but **E**xpress it **S**maller when in **P**ublic (**ESP**)