Problem Solving Thermometer

Size of the Problem

BIG Problems (8-10):

MEDIUM Problems (4-7):

SMALL Problems (1-3):

NOT a Problem (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 Big on the Inside (FBI) but Express it Smaller when in Public (ESP)