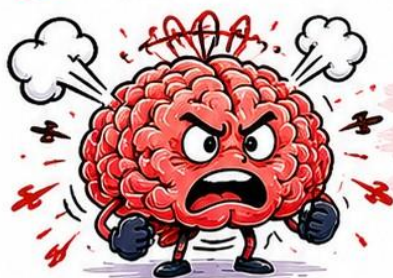


What is the **SIZE** of my **PROBLEM?**

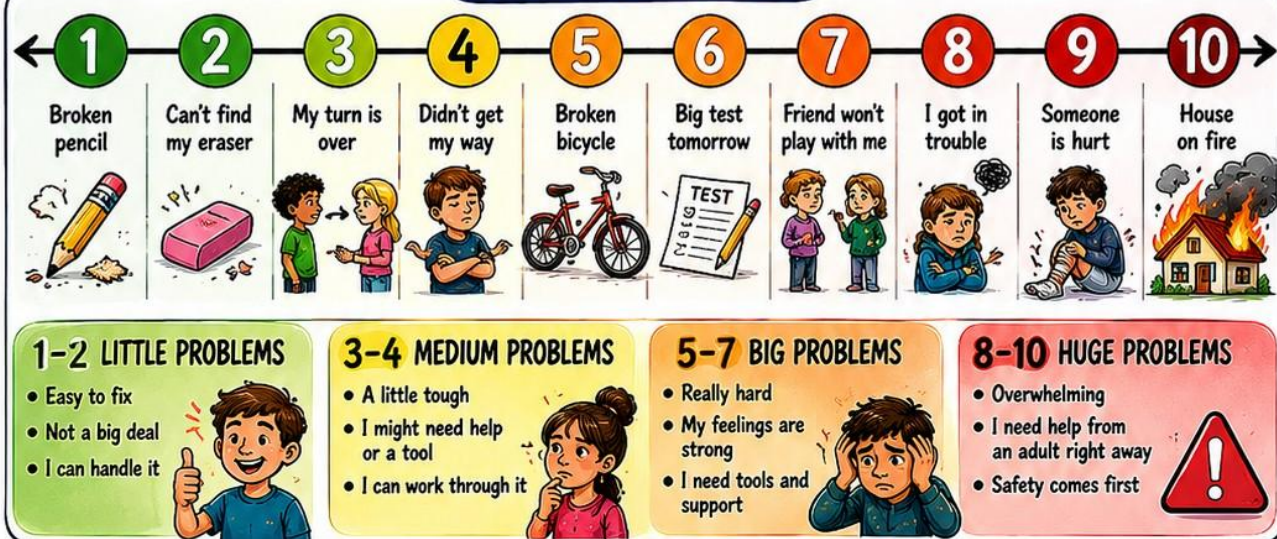


When my emotions feel too **BIG**, I can **pause**, check the **SIZE**, and **choose** what helps.

Not every problem is a 10!



Problem Size Scale



Don't let **BIG** feelings trick me!

Before I React, I Ask:

- How **BIG** is my problem?
- What do I **need** right now?
- What **tool** will help me best?



Match the Problem Size to the Right Response



All problems are real. All feelings are okay. ♥

I can **pause**. I can **check** the size. I can **choose** what helps.