

**DIRECTIONS:** Fill in the scale with what you notice about yourself in each category.



The Chaos to Calm Stress Scale ©  
Annelies M Gentile, MA, PCC [www.conduitforchange.com](http://www.conduitforchange.com)

**EXTERNAL ENVIRONMENT**

These are observations of your physical spaces & includes your relationship dynamics with tasks & others.  
*What do you see around you?*

1	2	3	4	5	6	7	8	9	10

CALM & ORDER

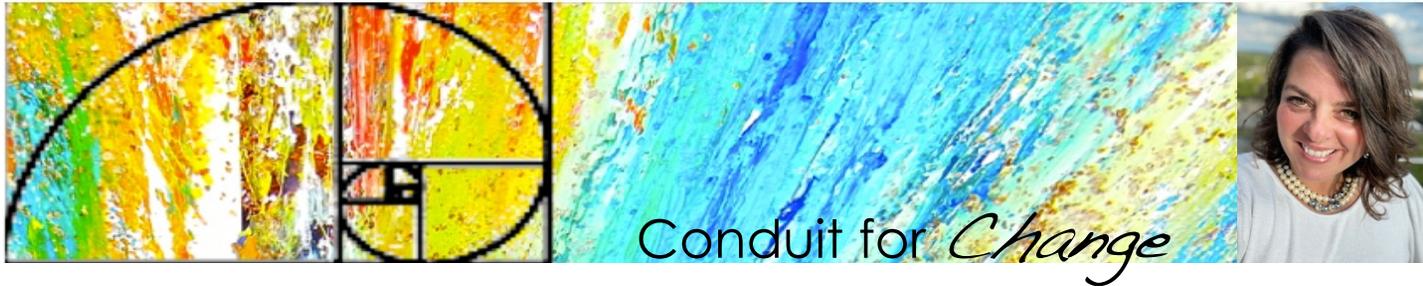
CHAOS & DISORDER

[ RESPONSE ZONE (ease) ] [ REGULATION ZONE (control) ] [ REACTION ZONE (stress) ]

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**INTERNAL ENVIRONMENT**

These are physical sensations, emotional experiences & observations of your behavior & relationship with self.  
*What do you feel inside? What might these sensations be related to?*



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**The Chaos to Calm Stress Scale** is equal to a gas gauge in your car or the battery icon on your phone. It measures stress. The big question to help you measure stress is... *On a scale of 1-10 with 10 = chaos and 1= calm how stressed are you?* Easy question that may be a challenge to answer. Not a common thing to measure stress. What this question is asking you to do is explore the concept of "enough".

I promise, if and when you get as connected to mindfulness as you are to your digital devices— you will be able to de-escalate in stressful times, listen with more compassion, stay focused, stay healthy, lead more mindfully and be able to enjoy life with more ease even in chaotic uncertain times. Here's how it works.

The C2C scale is separated along the horizontal axis, like a ruler, into 3 sections— each representing how you show up to life. *When you are mindful... you can measure stress. Game changer!*

On the left, in blue... Response (sense of ease) from 1-4  
In the middle, in green... Regulation (sense of control) from 5-7  
On the right, in red... Reaction (high stress) from 8-10... chaos

The bottom section asks you to notice and document your *Internal Environment* (physical sensations, emotions and internal chatter, things you say to yourself). Describe like you would notice details of the weather. *What do you notice you are feeling inside right now? Write it down.*

C2C scale is also separated vertically. The top asks you to notice and document your *External Environment* (observations of your physical spaces; including relationship dynamics with tasks, things and others.) *What do you notice outside of you when you're feeling what you are feeling? "Weather" outside of you. Write it down.*

You've got this! ☺



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### FROM CHAOS TO CALM :: LEADING CHANGE FROM THE INSIDE OUT

In an increasingly disconnected world, it's important to find creative ways to reconnect to ourselves and one another, especially when facing or leading change. When we step back and tune in, we can see that chaos is a calling to lead differently, to listen differently, to facilitate change differently. It's an invitation for resilience to occur through radical acceptance then radical creativity. Awareness becomes the greatest agent for change.

#### Nuggets to remember:

- Use the Chaos to Calm Stress Scale© to become aware of the “hinges”, the entry points between response, regulation and reaction. Ask, “On a scale of 1-10 with 10 being chaos and 1 being calm, “What's your stress?”
- Take the time to collect data. Explore internal and external markers that quantify stress.
- Chaos is natural, it's change and it's all around. Called *entropy*, it's nature's way of nudging all of what we count on into chaos, decline and disorder so that something new can arise.
- Trigger event chaos (intentional/unexpected) can jostle us into action or hibernation. This can happen quickly or slowly over time. Distraction and resistance to feel feelings makes it more difficult to notice what's needed. The universal entry point is stress. Stress is the universal language of chaos leading towards insight, creativity and innovative leadership.
- Stress is entropy's calling card. As something is challenged and falls away, it's asking of you, “what needs tending and adjusting?” It's asking you to be mindful, thoughtful and creative in your response. Stress can be useful, when we understand its language. Look for patterns (individually and collectively).
- Resilience is a formula, a combination of mindful awareness, nature and creativity. “Three Pillars” is more about facilitating break-through and bounce forward verses breakdown and bounce back. Balance is not the goal. Movement is more useful. Be curious. Use upset is an invitation to deeply listen.
- Lack of awareness, assumption and busy-making can cultivate unnecessary levels of chaos leading to additional suffering, conflict and stunted perspective. This limitation can affect decision-making, empathy and overall wellbeing.
- Taking 3 breaths creates pause then awareness, reduces fight/flight, offers a moment to check-in and adjust.
- Find the awe in everything (even when it's awful). Ask, “What opportunity is arising?” and “What's my role?”
- Everything is connected. Explore “What is chaos calling in you, in us and in— what's next?”