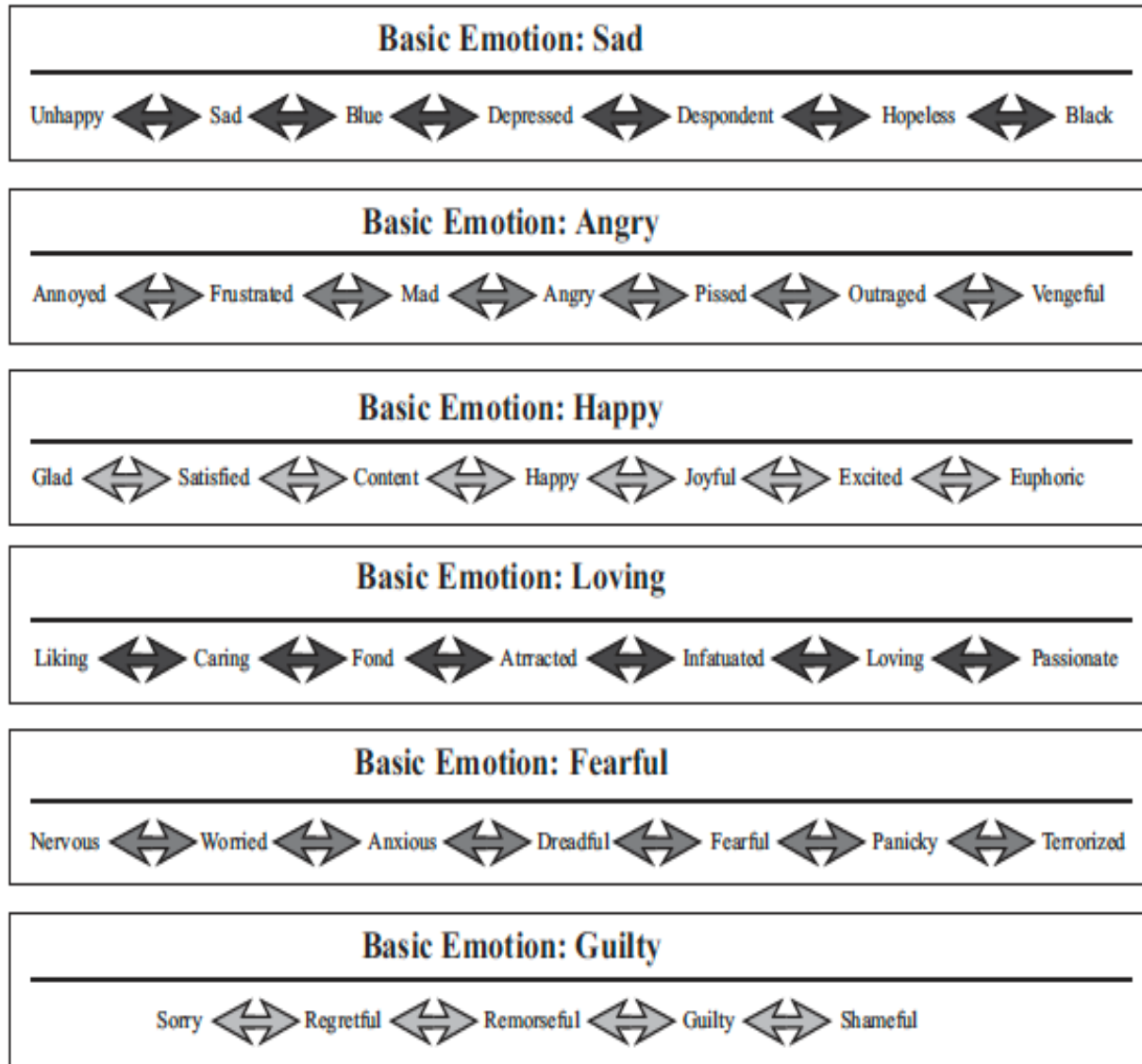


## EMOTIONS ON A CONTINUUM

**CORE CONCEPT:** Identify lower intensities of an emotion for early intervention.

Emotions come with various intensity levels. Use Observe and Describe to notice lower-intensity emotions for early and proactive skill use. Although it is important to use skills with emotions of all intensities, skills work best when emotions are at their lower intensity levels.



Remember that we can rate any emotion on a continuum from 1 to 10 (low to high) or simply observe it as low, medium, or high. Also remember that we Observe and Describe emotions with Nonjudgmental Stance to avoid adding to or intensifying them.