

# Assessing the Feeling-Threat Balance

First, rate the intensity of your emotion on a 0 to 10 scale of distress (where 10 represents the most intense level you've ever felt for this emotion).

0	1	2	3	4	5	6	7	8	9	10
Low Distress				Moderate Distress				High Distress		

Now rate the threat.

## For anger:

How much actual damage has the offending person or situation done to your well-being?

0	1	2	3	4	5	6	7	8	9	10
Little Damage				Moderate Damage				Excessive Damage		

How much sustained damage has the offending person or situation done to your self-worth?

0	1	2	3	4	5	6	7	8	9	10
Little Damage				Moderate Damage				Excessive Damage		

## For anxiety/fear:

How potentially harmful is this situation?

0	1	2	3	4	5	6	7	8	9	10
Little Harm				Moderate Harm				Excessive Harm		

How likely is that harm to occur?

0	1	2	3	4	5	6	7	8	9	10
Not Likely				Moderately Likely				Very Likely		

For guilt/shame:

How much harm have I caused?

0	1	2	3	4	5	6	7	8	9	10
None					Some					A Lot

How much did my behavior deviate from my values or beliefs about what’s right?

0	1	2	3	4	5	6	7	8	9	10
None					Some					A Lot

For sadness:

How serious is the loss I’ve suffered?

0	1	2	3	4	5	6	7	8	9	10
Little Loss				Moderate Loss					Excessive Loss	

How serious or long-lasting is the effect of my failure or mistake?

0	1	2	3	4	5	6	7	8	9	10
Little Effect				Moderate Effect					Serious Effect	