

How Big Is It Right Now?

Cool-down tools work best at 2 or 3 — not at 5

5

BOILING

Shouting, hitting, throwing. Too late for tools.

4

VERY ANGRY

Loud voice, fists, hard to hear anyone.

3

ANGRY

Face hot, breathing fast. Use a tool now.

2

ANNOYED

Something is bothering me. Best time to act.

1

CALM

Everything is fine.

“What number are you at?”

Ask it early and often — including on calm days.

