**Two-Pronged Ratings Worksheet**

Two-pronged ratings can be useful with ourselves and with others to help validate the feelings, while also staying rational. Here is how you use two-pronged ratings when something makes you scared, nervous, sad, angry, frustrated etc.:

1. Identify what it is that you are reacting to.
2. Rate how big of an issue it feels like it is. Rate it from 0-10. As long as your answer is a number 0-10, there is no right or wrong answer.
3. Rate how big of an issue it actually is. Rate it from 0-10. Keep yourself honest. 10 is the worst possible (e.g., death).

Here are a few common life experiences. Think back to a time you experienced this or something like it and use the two-pronged ratings for how bad it felt, and how big of problem it actually is.

A time you stubbed your toe

Summary of what happened? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It felt like a 0 1 2 3 4 5 6 7 8 9 10

It was a 0 1 2 3 4 5 6 7 8 9 10

A time you spilt your drink

Summary of what happened? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It felt like a 0 1 2 3 4 5 6 7 8 9 10

It was a 0 1 2 3 4 5 6 7 8 9 10

A time you burned your food

Summary of what happened? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It felt like a 0 1 2 3 4 5 6 7 8 9 10

It was a 0 1 2 3 4 5 6 7 8 9 10

An argument you had with someone close to you

Summary of what happened? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It felt like a 0 1 2 3 4 5 6 7 8 9 10

It was a 0 1 2 3 4 5 6 7 8 9 10

A time you forgot an appointment

Summary of what happened? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It felt like a 0 1 2 3 4 5 6 7 8 9 10

It was a 0 1 2 3 4 5 6 7 8 9 10

A time you got a bad grade in school

Summary of what happened? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It felt like a 0 1 2 3 4 5 6 7 8 9 10

It was a 0 1 2 3 4 5 6 7 8 9 10

A time a parent told you to clean a room and you did not want to

Summary of what happened? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It felt like a 0 1 2 3 4 5 6 7 8 9 10

It was a 0 1 2 3 4 5 6 7 8 9 10

A time someone said something mean to you

Summary of what happened? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It felt like a 0 1 2 3 4 5 6 7 8 9 10

It was a 0 1 2 3 4 5 6 7 8 9 10

A time you had an argument with a friend

Summary of what happened? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It felt like a 0 1 2 3 4 5 6 7 8 9 10

It was a 0 1 2 3 4 5 6 7 8 9 10

A time you were scared of something

Summary of what happened? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It felt like a 0 1 2 3 4 5 6 7 8 9 10

It was a 0 1 2 3 4 5 6 7 8 9 10