







I can understand how others are feeling and change my behaviours towards them if I think they are getting angry

**0      1      2      3      4      5      6      7      8      9      10**

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How do you feel about your ability to manage your feelings and behaviour?

(0 = negative; 5 = OK; 10 = positive)

**0      1      2      3      4      5      6      7      8      9      10**

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Negative

Positive

How would you like to feel about your ability to manage your feelings and behaviour in the future?

**0      1      2      3      4      5      6      7      8      9      10**

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What do you think needs to change now in order for you to make more progress? (Include things about yourself, others and your situation.)