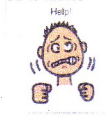


# Petal's Control Scale

#	How does this feel?	What makes me feel this way?	How can I tell?
5	I could lose control!	When loud talking and laughing keep going. School bells and the smell of Fish.	Too late!! I am screaming!  <b><i>Emergency!! Stop talking. Close eyes. Deep breaths</i></b>
4	This can really upset me	When the boys all laugh at one time. When I can't do my work. When I make a mistake.	I start swearing out loud. I say mean things to other people. I tear up my work.  <b><i>Take a walk out of the room!</i></b>
3	This can make me nervous	When I hear the boys talking louder. When the chairs or desks scrape on the floor. When someone laughs out loud.	I say shut up real quietly. I start starring at the boys. My brain starts thinking about the boys too much!  <b><i>Take card to teacher</i></b>  
2	This sometimes bothers me	The sound of rain on the roof. When I can't have my turn right away. Walking on the power walk.	My stomach kind of hurts. I think things aren't fair. I start repeating the TV Guide schedule.
1	This never bothers me.	Doing my work. Reading teen magazines. Looking at adds in the paper. Watching TV.	My brain is relaxed. I am smiling. My mouth is relaxed. I am happy.