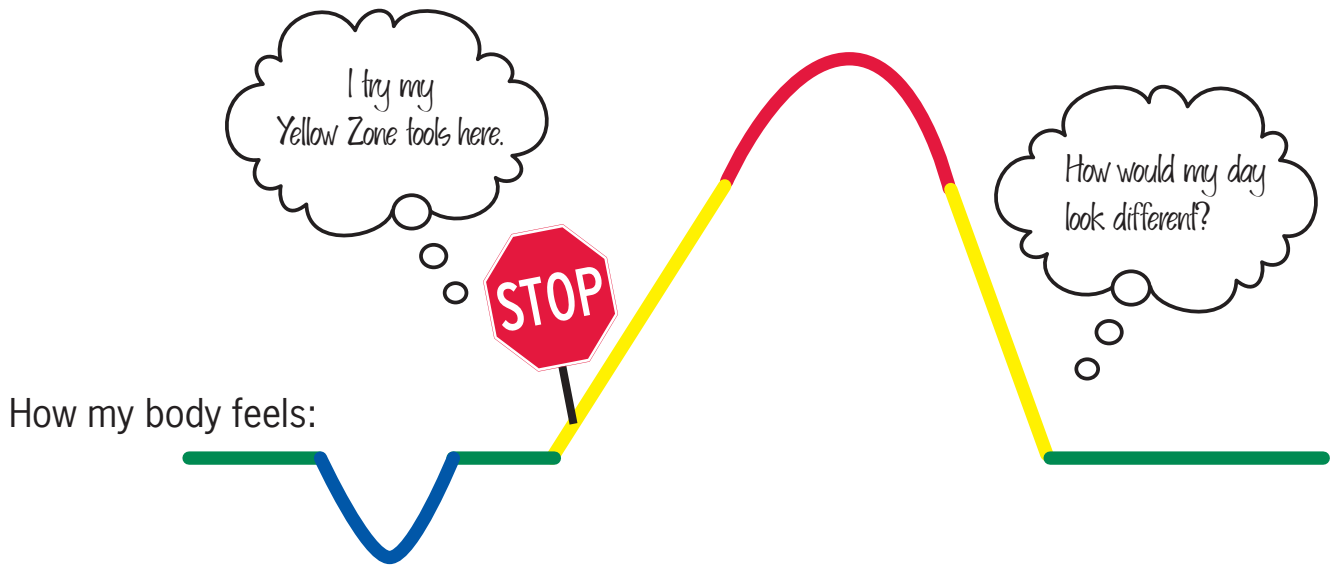


When To Use My **Yellow Zone** Tools



In the Yellow Zone, _____

I look:

I feel:

I act:

Adapted for The Zones of Regulation™ from the original Anxiety Curve in Buron and Curtis' *The Incredible 5-Point Scale* (2003), www.5pointscale.com.