

## Self-Awareness Scale

This is a tool to check in with your own level of arousal in the moment. When we talk about arousal, we are talking about physiological and emotional arousal, not sexual arousal.

The Self-Awareness Scale helps us cultivate more awareness about self-regulation. It is a simple guide to help us know when to use our Portable Calm skills to reliably re-regulate throughout the day and through the week. We can feel both we feel too much arousal in our system and we can feel a little numb or “shut down.” Our Portable Calm skills can help us move back into the present moment and connection to our self and our environment. Using the Self-Awareness Scale provides an opportunity to quickly check in with ourselves and to “re-set.”

On a scale of -1 to 5 with -1 being Low Arousal; 1 Being Most Calm; and more than 5 to being Most Distressed, what number would you give yourself right now?

- 1 Now I'm checking in with feeling **low arousal** –  
I feel a little numb.
- 1 Now I'm checking in with a **relaxed nervous system** –  
My breathing is easy; my heart rate is slow.
- 2-3 Now I am checking in with **slight arousal** –  
My breathing and/or heart rate may quicken.  
I feel some emotional discomfort; or a bit agitated.
- 3-4 Now I am checking in with **moderate hyper-arousal** –  
My breathing and heart rate are accelerating. I may also have sweating. I feel agitated; or quite anxious.
- 5 Now I am checking in with **severe hyperarousal** –  
My heart rate and respiration are accelerated; possible cold sweat. I feel extreme agitation; or emotional distress.

More than

- 5 Now I am extremely distressed with **endangering hyper-arousal** –  
I may have slow heart rate. Or have slow heart rate with rapid breathing; or very slow breathing and rapid heart rate.

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