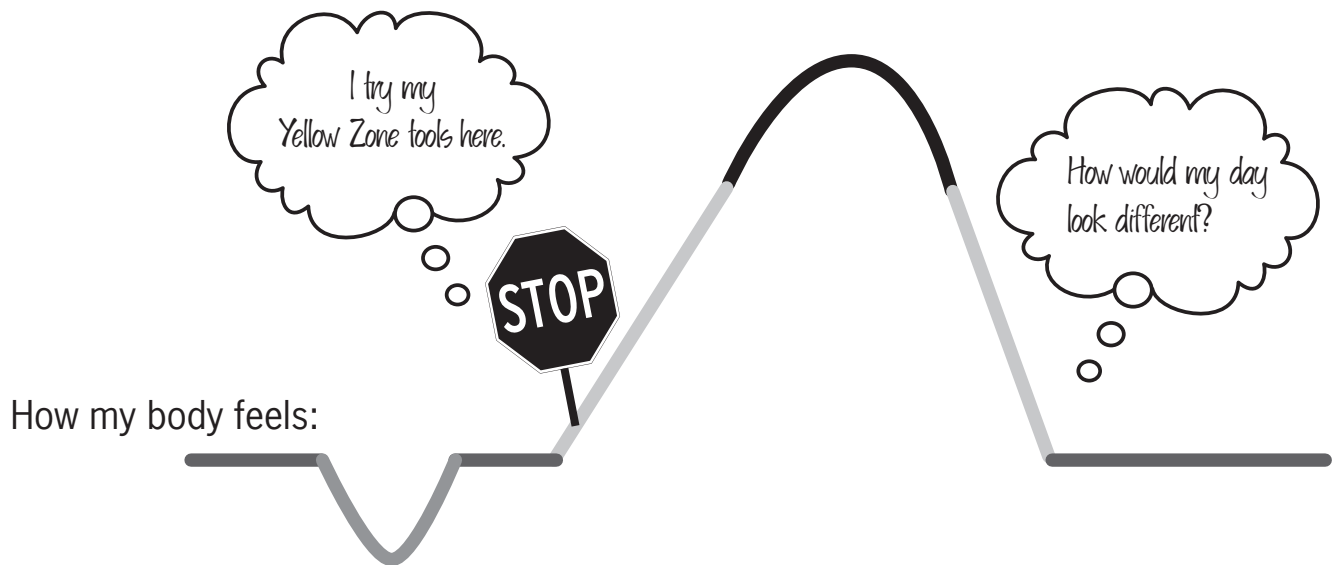


When To Use My Yellow Zone Tools



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.