




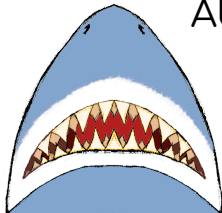


Irritability Scale w/ self-care tips

* ..for any reason – flare or life

OK when...	Mood	Now at...*
All is well, or at least tolerable:	Sunny &  Pleasant	1 Lovely!
Having a hard day, new pain, sadness, or disappointment:	Grumpy, but consolable. Still can be kind, just not ...cheery. 	2 Kind/caring gestures can help. Distraction.
Handling nasty manipulators (e.g., creeps and pushy sales people):	Unpleasant, snarly, shouty. Can be  hurtful, but not dangerous.	3 Check in. Comfort. Go to Plan B.
Being verbally abused (e.g., name-calling, online bullying):	Moody, territorial, and irritating. Can  be venomous when pushed.	4 Recovery care. Plan B or C.
Existential threat, or being physically attacked:	Strongly defensive, threatening.  Can be vicious and destructive.	5 PRN meds. Minimize stimuli. Recovery.
Facing a big, immediate threat to survival:	Total  AUGH!	6 PRNs. Consider medical care.