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| What triggers an escalation? | Incredible 5 point scale. You can add a picture to each number. 1 is just right, 5 is out of control. | What does it feel like? | What does it look like?  | What de-escalation strategies help? |
|  | **5** |  |  |  |
|  | **4** |  |  |  |
|  | **3** |  |  |  |
|  | **2** |  |  |  |
|  | **1** |  |  |  |