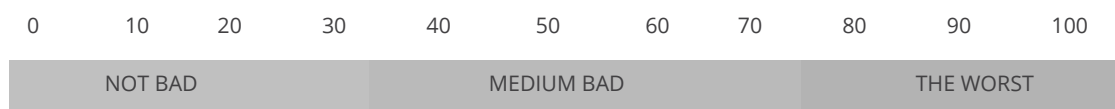# The Catastrophe Scale

**Instructions:** Think of a time when you found yourself totally stressed out about what your child was doing or saying or not doing or saying. Your child's behaviour should have led you to being furious, down, or very anxious. At the time when you were really emotionally stressed, how 'bad' was your child's behaviour in your own mind on a scale of 1 to 100? On the scale below, rate the degree of 'badness' of the behaviour at the time you were very stressed (where at 100 you were thinking 'worst thing that could be happening'; at 50 you were thinking 'medium bad'; and at 0 you were thinking 'not bad at all').

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
|---|----|----|----|----|----|----|----|----|----|-----|
| NOT BAD | | | | MEDIUM BAD | | | | THE WORST | | |

**Now look at the Catastrophe Scale below.**

|  |  |  |
|---|---|---|
| | 100 | |
| real catastrophes | 90 | e.g. nuclear war, death of a family member |
| | 80 | |
| | 70 | |
| bad, but not catastrophic | | e.g. house fire, no one hurt |
| | 60 | |
| | 50 | |
| somewhat bad | 40 | e.g. minor car accident |
| | 30 | |
| | 20 | |
| a little bad | | e.g. flat tyre |
| | 10 | |
| | 0 | |

See if you can come up with other examples of events that could happen in the world, or to you, that you can add to the list of real catastrophes (90-100), things that would be bad or somewhat bad but not catastrophic (10-90), and things that are not really too bad (0-10). Now, using this scale of catastrophes, would you still give the same 'badness' rating to your child's behaviour as you had previously? Place a 'Y' on the Catastrophe Scale where you would now rate your child's behaviour. Place an 'X' on the scale by the number where you rated it earlier. Is there any difference between your first and second set of ratings?

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