

A photograph of a colorful umbrella with red, orange, and yellow sections, being hit by heavy rain. The background is a blurred green landscape. The text is overlaid on a semi-transparent white box at the top.

Eye of the Storm

Finding Peace Amidst Chaos

Beginning the Journey

Mastering the deep spaces, hard
places, and chaos in life.

with Deanna Stull, PCC

Where have you been Scale?

USING YOUR EXPERIENCE TO HELP GAGE THE NOW

Identify situations, people, places, scenarios, or memories that are challenging to varying degrees 0-100 and write them down next to the number that best represents how challenging you experience them to be. Try to provide an example on each line.

100 Worst Challenge

90 Severe Challenge

80 Strong Challenge

70 Moderate Challenge

60 Mild Challenge

50 Neutral

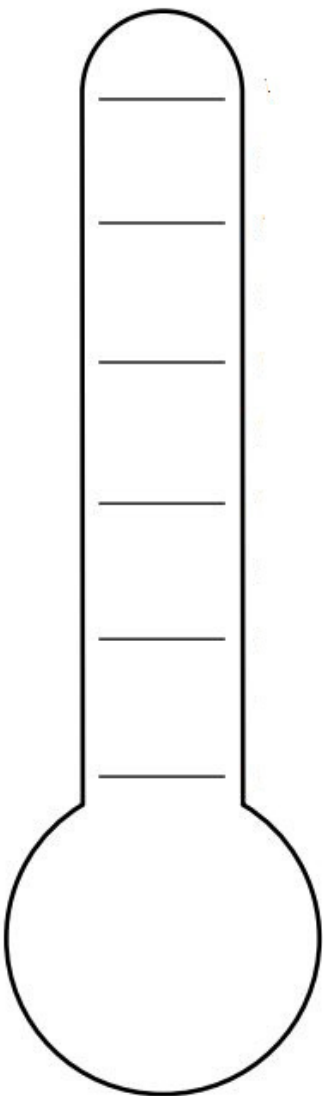
40 Mild Relaxation

30 Moderate Relaxation

20 Strong relaxation

10 Very Strong relaxation

0 Total relaxation



Where are you now Scale?

FINDING THE TRUTH OF WHERE YOU ARE IN THIS MOMENT.

How intense is the storm for you in this moment? Finding your current state is helpful for knowing where and how to go next. This is where your past barometer helps you contextualize your present moment. Include the present experience that lands you in the rating you've chosen.

100 Worst Challenge

90 Severe Challenge

80 Strong Challenge

70 Moderate Challenge

60 Mild Challenge

50 Neutral

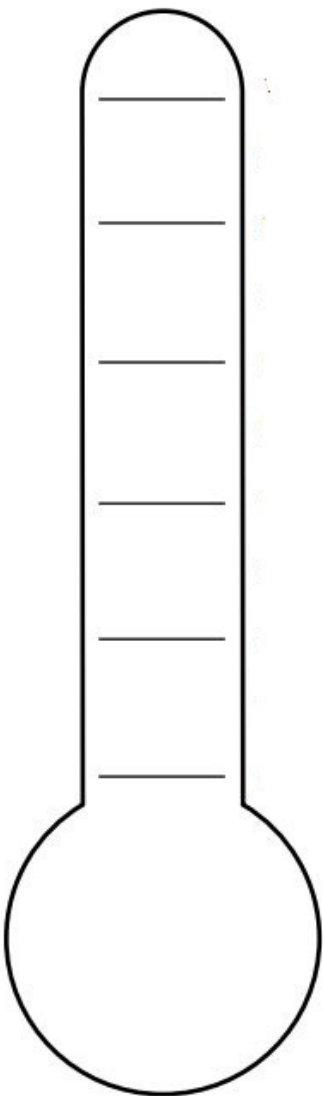
40 Mild Relaxation

30 Moderate Relaxation

20 Strong relaxation

10 Very Strong relaxation

0 Total relaxation



Where are you now?

ASSESSING THE TRUTH OF WHAT IS IN THIS MOMENT

ON A SCALE OF 1-10 Number one meaning the worst it could be in this moment. Number ten meaning the very best it could be in this moment.

Wake up positive: _____

See possibility: _____

Sleeping well 6/8 hrs: _____

Eating well/regularly: _____

Exercising/Outdoors _____

Stress level: _____

Needs are met: _____

Have support: _____

Fear level: _____

Feeling hopeful: _____

TOTAL NUMBER DIVIDED BY 10 _____

One Thing: How can you use your strength to raise your over all score? What action can you take to impact your lowest score?

Highest Score:

Lowest Score:

Courage Scale?

USING YOUR EXPERIENCE TO HELP GAGE THE NOW

Identify situations, people, places, scenarios, or memories that are challenging to varying degrees 0-100 and write them down next to the number that best represents how challenging you experience them to be. Try to provide an example on each line.

100 Complete Inaction/Fear

90 Extremely Fearful

80 Strong Fear

70 Moderate Fear

60 Mild Fear

50 Neutral

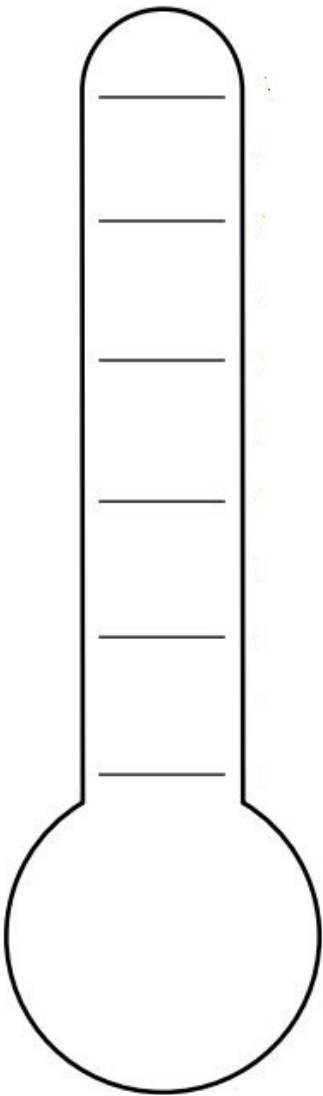
40 Mild Courage

30 Moderate Courage

20 Strong Courage

10 Very Strong Courage

0 Completely Courage/Fully Expressed





What needs to change?

What are the things you can change right now without adding to challenge?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



Courage.

What are the most courageous moments of your life?

**"Every human is capable of unfathomable courage.
We are here to help clients believe this. Courage is not relegated to "heroic"
humans, it is part of all of us."
- Deanna Stull**

What do you know about yourself because of these moments?



notes

Where are you now Scale?

FINDING THE TRUTH OF WHERE YOU ARE IN THIS MOMENT.

How intense is the storm for you in this moment? As times, frame of reference, lens, and relationship/network/body/physical environments impact this measurement. The "Where have you Been Scale" helps to really understand this moment truthfully.

100 Worst Challenge

90 Severe Challenge

80 Strong Challenge

70 Moderate Challenge

60 Mild Challenge

50 Neutral

40 Mild Relaxation

30 Moderate Relaxation

20 Strong relaxation

10 Very Strong relaxation

0 Total relaxation

