FORM 9.2

The Continuum Exercise

Using the scale below, indicate where you would place the current event that is bothering you. Now fill in other negative events for each 10-point mark on the scale. Is it hard to fill in some points that are lower than your current event? Why is that? Would you consider rerating the current outcome or event after you have filled in this scale? What is the reason why you would—or would not—rerate the outcome or event?

Question: Where would you place the current event?

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