|  |  |  |  |
| --- | --- | --- | --- |
|  Confined |  Bored |  Oppressed | Withdrawn |
| **Safe**  Resilient   **Challenged** | **Calm** Engaged  **Excited** | **Supported** Cooperative **Independent**  | **Contemplative**Communicative **Expressive** |
|  Fearful | Ove rwhelmed |  Isolated | Fraught |

Context M/F Age Person/Space **ERA Emotional Range Assessment**

|  |  |
| --- | --- |
| 1 | 6 |
| 2 | 7 |
| 3 | 8 |
| 4 | 9 |
| 5 | 10 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Confined**Limited physical movementRestricted in opportunity Unable to take risk  | **Bored**Disengaged from environmentFrustrated inactionApathetic  | **Oppressed**Actions dictated by othersLacking opportunity for agencyPossible responses set by others | **Withdrawn**Prolonged lack of communicationConsistently avoiding companyAvoiding most participation  |
| **Safe**Comfortably un-challengedAbsence of pushing boundariesParameters known | **Calm**Quiet and peacefulGentle action and interestedAbsorbed in purpose | **Supported**Accessing assistanceOthers help meet needs | **Contemplative**Thoughtful and reasoningMindful and awareDeliberately quiet |
| **Challenged**Pushing boundariesExploring the newTaking risks | **Excited**Absorbed in enjoymentExperiencing thrill of the moment Pleasurable anticipation | **Independent**Directing own actionsDeveloping own reasoningMeeting own needs | **Expressive**Communicating effectivelyConveying feelings and needsRelating emotions |
| **Fearful**Challenge beyond controlUnmanageable riskSense of imminent threat | **Overwhelmed**Unable to cope with environmentDis-pleasurable strength of emotionExcessive sensory experience | **Isolated**Shuns other companyAvoided by othersPlacing self apart consistently | **Fraught**Distressed communicationOver anxious expression |