|  |  |  |  |
| --- | --- | --- | --- |
| Confined | Bored | Oppressed | Withdrawn |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 movement  Restricted in opportunity  Unable to take risk | **Bored**  Disengaged from environment  Frustrated inaction  Apathetic | **Oppressed**  Actions dictated by others  Lacking opportunity for agency  Possible responses set by others | **Withdrawn**  Prolonged lack of communication  Consistently avoiding company  Avoiding most participation |
| **Safe**  Comfortably un-challenged  Absence of pushing boundaries  Parameters known | **Calm**  Quiet and peaceful  Gentle action and interested  Absorbed in purpose | **Supported**  Accessing assistance  Others help meet needs | **Contemplative**  Thoughtful and reasoning  Mindful and aware  Deliberately quiet |
| **Challenged**  Pushing boundaries  Exploring the new  Taking risks | **Excited**  Absorbed in enjoyment  Experiencing thrill of the moment  Pleasurable anticipation | **Independent**  Directing own actions  Developing own reasoning  Meeting own needs | **Expressive**  Communicating effectively  Conveying feelings and needs  Relating emotions |
| **Fearful**  Challenge beyond control  Unmanageable risk  Sense of imminent threat | **Overwhelmed**  Unable to cope with environment  Dis-pleasurable strength of emotion  Excessive sensory experience | **Isolated**  Shuns other company  Avoided by others  Placing self apart consistently | **Fraught**  Distressed communication  Over anxious expression |