

# Types of Emergencies

Understanding the different types of intensity of a situation is a critical life skill and a valuable tool in DBT (Dialectical Behavioral Therapy), especially for those who perceive every emotional experience as equally urgent. This scale, ranked from low to high (1-5), aims to guide understanding and response to various life events:

<p><b>Level 5: Extreme (Life and Death)</b></p> <p>Experiencing or witnessing a life-threatening incident. Severe injury or medical condition requiring immediate attention. Losing a loved one suddenly. Major natural disasters affecting personal safety and shelter. Receiving threats to personal safety or wellbeing.</p>
<p><b>Level 4: High</b></p> <p>Being involved in a car accident with minor injuries. Experiencing a serious illness in the family. Receiving news of a significant financial loss or theft. Witnessing or experiencing a violent incident without direct harm. Having a major conflict that threatens a key relationship.</p>
<p><b>Level 3: Moderate</b></p> <p>Experiencing a breakup or the end of a significant relationship. Receiving a poor performance review at work. Witnessing a minor car accident without injuries. Discovering a leak in your home that needs prompt attention. Suffering a minor injury that may need medical attention, like a sprain.</p>
<p><b>Level 2: Low</b></p> <p>Having a difficult day at work or school. Experiencing rejection, such as not getting invited to a party. Moderate argument with a family member. Feeling overwhelmed by a deadline but it's still manageable. Losing something of sentimental value but not irreplaceable.</p>
<p><b>Level 1: Mild (Not an emergency)</b></p> <p>Feeling nervous before a social event. Misplacing your keys. A minor disagreement with a friend. Feeling restless or bored. Missing a bus and having to wait for the next.</p>