

EMOTIONS THERMOMETER

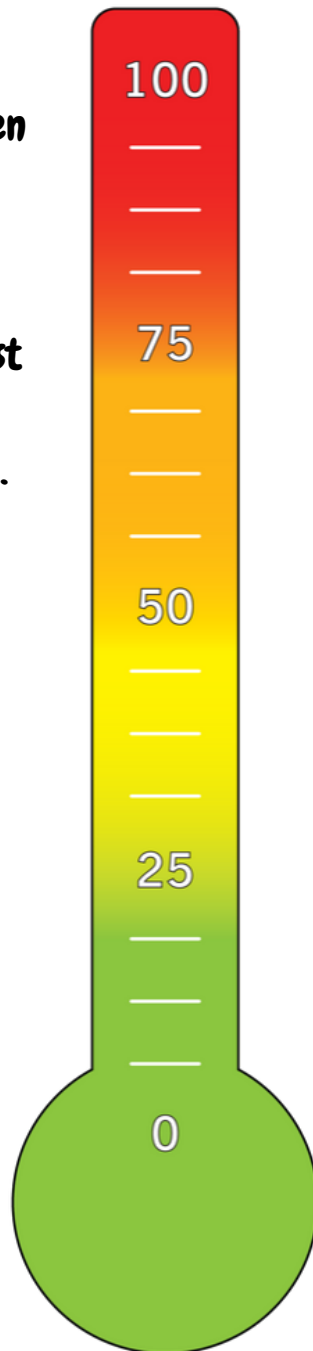
Emotions flow on a continuous scale, and can move from low level to intense and back again. This can often happen several times a day!

Before we can learn to manage our response to all sorts of emotions, first we must be able to identify these feelings and measure their intensity. Just as a thermometer measures rising temperatures, an emotional thermometer measures rising levels of emotion.

*Consider what it means for you to be at 0, and work up to 100.

*Try to label these emotions by writing them on the thermometer.

*It may then be useful to use this scale to measure how you feel each day.



STOP!



**Calm
down**



Relax



**Think of
something
happy!**

**How are you feeling right
now?**