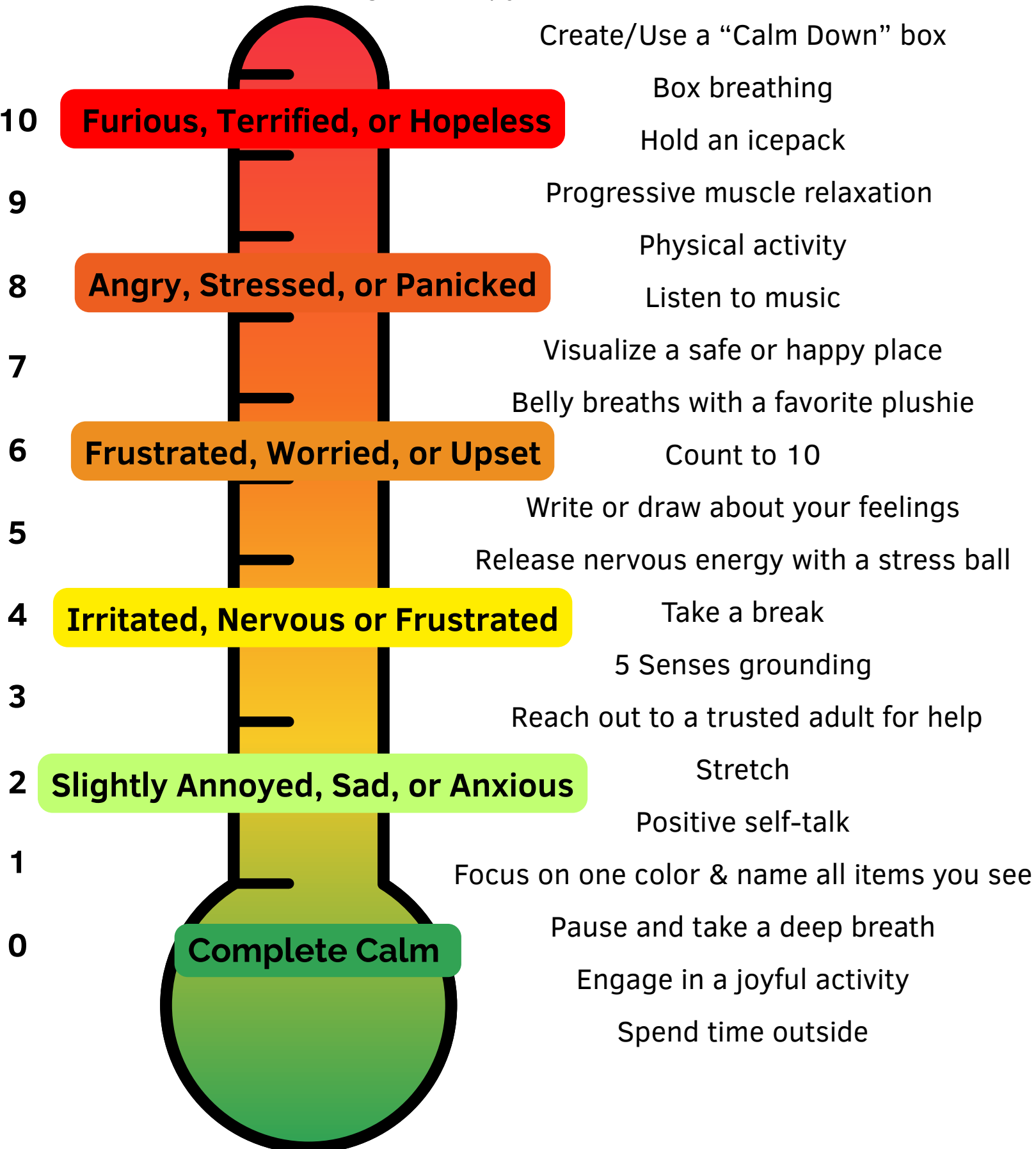


COPING WITH MY FEELINGS

This thermometer can help you better understand your feelings. Coping skills are not listed in order of effectiveness or tied to specific levels. Everyone is different. Highlight or circle the strategies that help you most at each level!



COPING WITH MY FEELINGS

Use this feelings thermometer to explore how your emotions change from calm (0) to extremely upset (10). Each color-coded box matches a level on the thermometer. In each box, write one or more coping skills that you can use at that level to take care of yourself. Different strategies might work better at different intensity levels.

10 **Furious, Terrified, or Hopeless**

9

8 **Angry, Stressed, or Panicked**

7

6 **Frustrated, Worried, or Upset**

5

4 **Irritated, Nervous or Frustrated**

3

2 **Slightly Annoyed, Sad, or Anxious**

1

0 **Complete Calm**