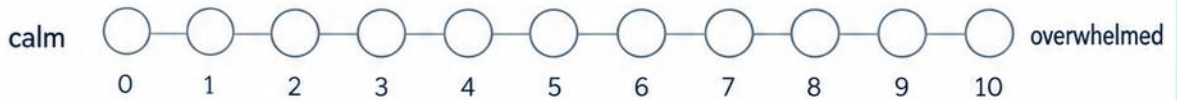


Feelings Thermometer

Notice how strong the feeling is today

Use the scale and prompts below to describe how things feel for you at the moment.

1 How strong is the feeling right now?



2 What am I feeling?

3 What seems to make the feeling stronger?

4 What helps bring the feeling down?

5 Who could support me with this?