

# Feelings Thermometer

## Client information

Full name:

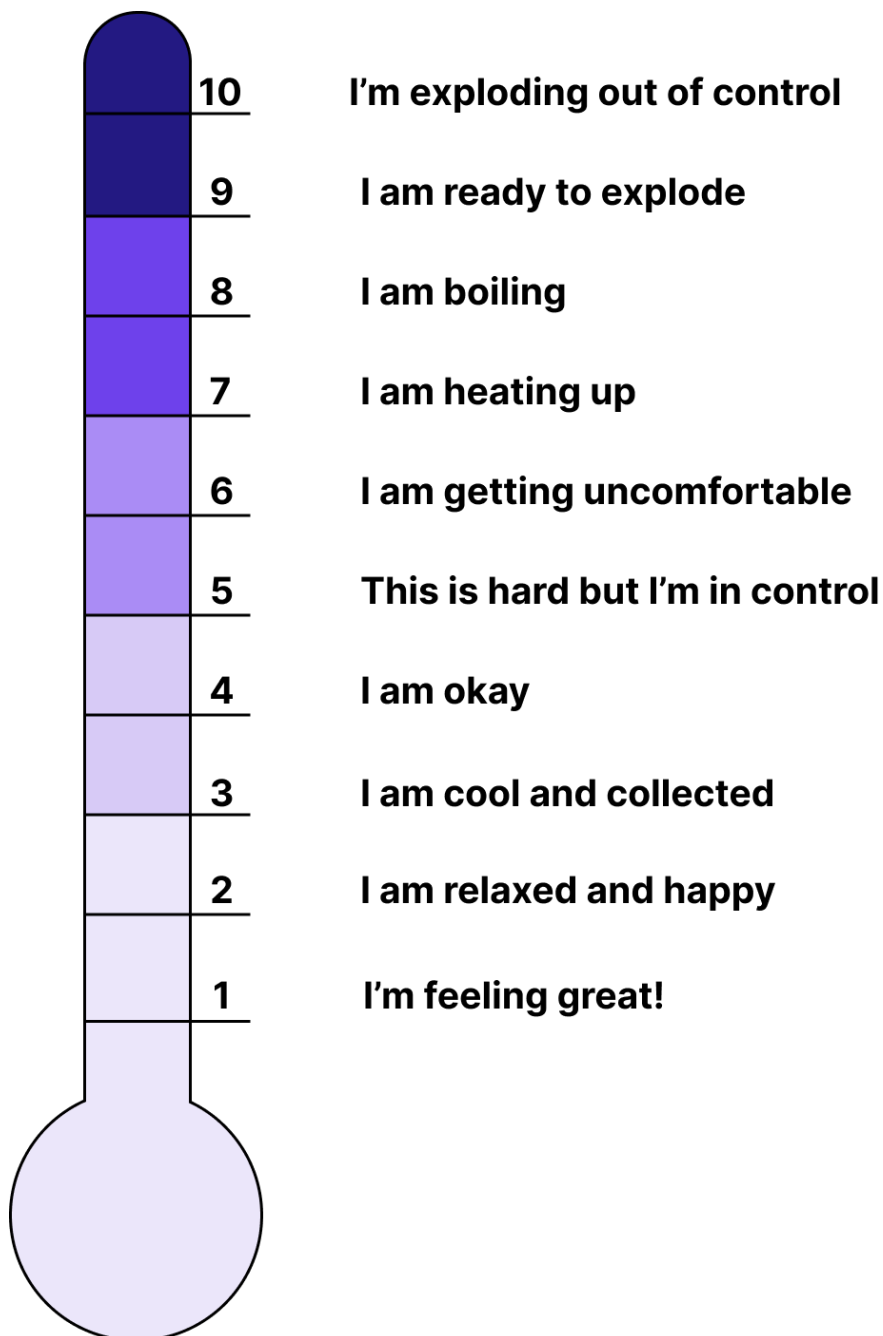
Age:

Gender:

Date assessed:

## Feeling thermometer

Use the Feelings Thermometer to rate how intense your emotions feel right now, from 0 (calm) to 10 (overwhelmed). Mark the thermometer to show your current emotional level, then reflect on what may be causing this feeling.



**What happened right before you started feeling this way?**

**What can help you move one step down on the thermometer?**

**Notes**