

FEELINGS THERMOMETER

A feelings thermometer is a way to help you understand how a feeling influences you by helping you work through how it feels at different intensities and the body cues you are exhibiting.

1. Select a certain feeling like happy, mad, sad, anxious, etc.
2. Write how you feel at the certain intensities. For example if you choose sad as your feeling, at 25% you may feel down, but at 100% you may feel depressed.
3. Finally, add how your body feels at these percentages like numb, stomach hurts, face is hot, etc.

Feeling: _____



Feeling at 25%: _____

My body cues: _____



Feeling at 50%: _____

My body cues: _____



Feeling at 75%: _____

My body cues: _____



Feeling at 100%: _____

My body cues: _____

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Feeling: Mad



Feeling at 25%: Heated

My body cues: Face feels hot, feel like I might cry



Feeling at 50%: Fuming

My body cues: Face is red, tears in my eyes, voice gets louder



Feeling at 75%: Enraged

My body cues: Fully crying, yelling, breathing faster



Feeling at 100%: Infuriated

My body cues: Shaking, sobbing, screaming, whole body feels hot

FEELINGS THERMOMETER

Coping with Uncomfortable Feelings

Now that you have identified your feelings and how they feel in the body, what do you do with them?

For the positive feelings (happiness, excitement, contentment) you may want them to stick around, but what should you do with the feelings that are uncomfortable or feel bad?

Here are a few strategies to cope with uncomfortable feelings.

Mindfulness: Being aware of the present moment without judging anything about it

4 ways to practice Mindfulness:

Mindful meditation

- Sit in a comfortable position and close your eyes.
- Focus on your breathing. What do you notice?
- Continue for a few minutes.
- If your mind starts to wander, don't worry! Just refocus on your breath.

Body Scan

- Starting at your feet, notice what sensations you feel.
- Move your way up through your body (shins, thighs, belly, chest, shoulders, etc.).
- Spend at least 15 seconds on each body part, but you can take longer.

Five Senses

Notice:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel
- 2 things you can smell
- 1 thing you can taste

Mindful walk

- Start by walking.
- As you walk, notice how it feels with each step.
- Once you have mastered that, incorporate your five senses practice. (Notice things you can see, hear, feel, smell, and taste.)