

The Thermometer



	Feelings	Thoughts	Behaviours	Alternative Strategies
10				
9				
8				
7				
6				
5				
4				
3				
2				
1				

The Thermometer - Example



	Feelings	Thoughts	Behaviours	Alternative Strategies
10	<i>Overwhelmed, can't breathe</i>	<i>I'm going to lose it!</i>	<i>Run away, screaming & shouting</i>	<i>STOPP, Breathe, walk away</i>
9	<i>Feel sick</i>	<i>I can't think</i>	<i>Freeze, withdraw completely</i>	<i>Step back, Breathe</i>
8	<i>Heart pounding</i>	<i>This is bad</i>	<i>Ignore or reject others trying to help</i>	<i>Shift focus, ask for help</i>
7	<i>Hot, sweaty</i>	<i>I can't cope with this</i>		<i>STOPP, Breathe, Fact or opinion?</i>
6	<i>Heart racing</i>		<i>Fidgeting</i>	<i>Positive self talk</i>
5	<i>Breathing a bit faster</i>	<i>I must get it all done</i>	<i>Keep busy – maybe do several things at once</i>	<i>NOW: be mindful</i>
4	<i>Tense shoulders</i>	<i>I've got so much to do</i>	<i>Try to do too much</i>	<i>STOPP, Breathe, slow down, prioritise</i>
3				
2				
1	<i>Calm</i>	<i>All is well</i>	<i>Reading a book, or chatting with friends</i>	