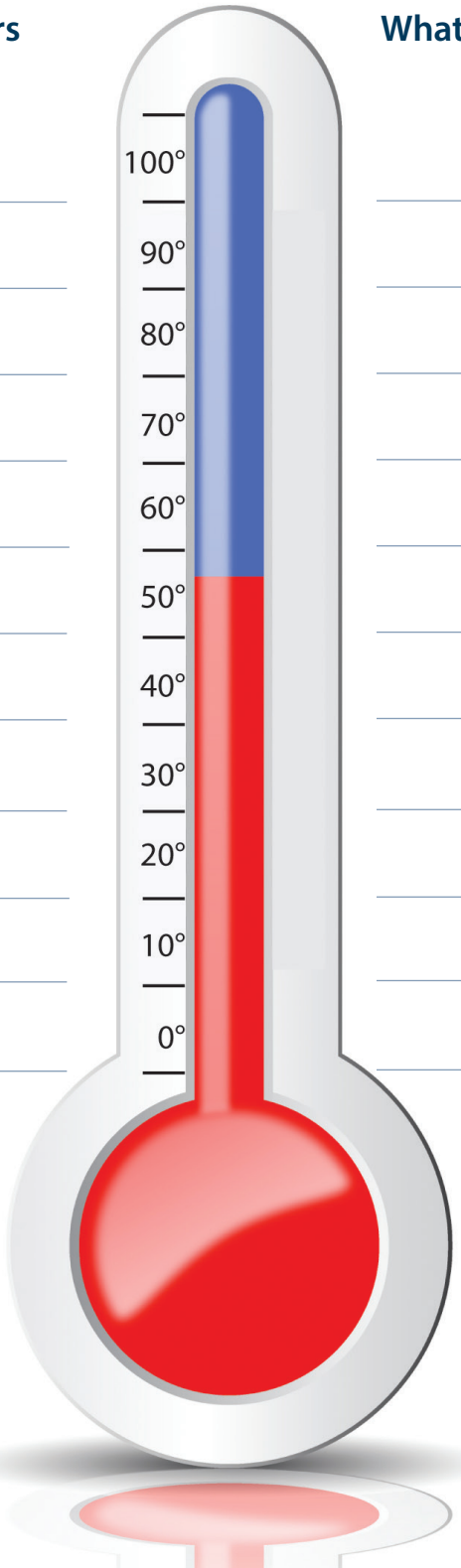
SAFETY KIT

EMOTIONAL THERMOMETER

Identify how safe you are feeling and how that looks on a scale of 0–100°. We can then figure out in advance some ideas of what we can do to cope.

My unsafe feelings/behaviours

What I can do to cope