

# SAFETY KIT: EMOTIONAL THERMOMETER

**My unsafe feelings/behaviours**

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**What I can do to cope**

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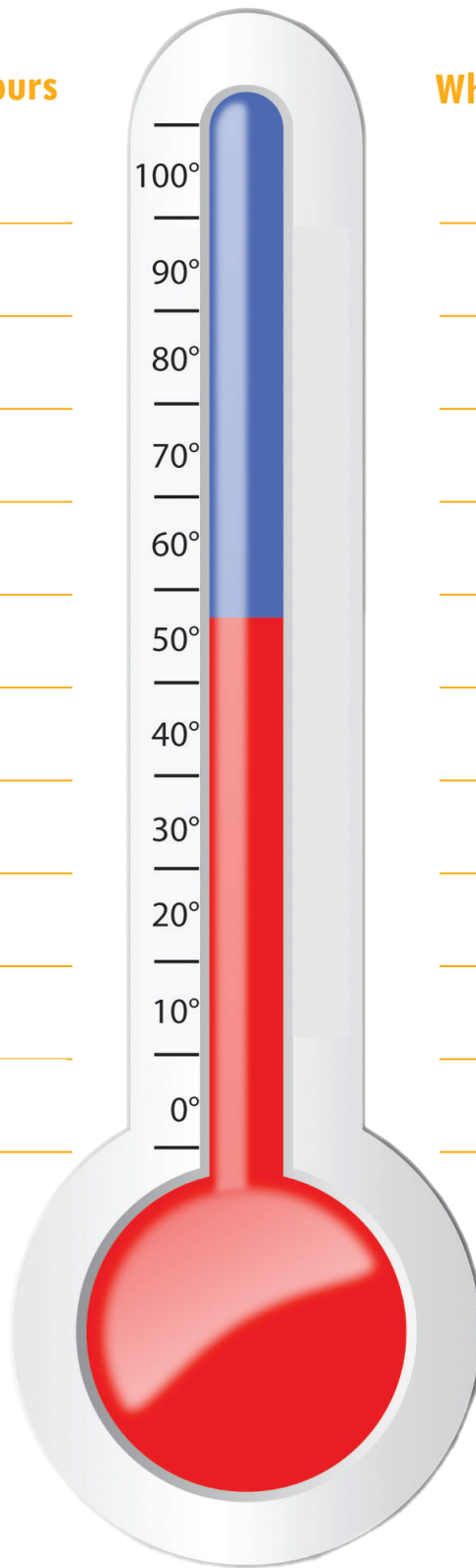
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This is an example of how we can identify how safe we are feeling and how that looks on a scale of 0–100°. We can then figure out in advance some ideas of what we can do to cope.

You can print out your own blank emotional thermometer to fill in and personalise at [www.carolynspring.com/erg-downloads](http://www.carolynspring.com/erg-downloads).

