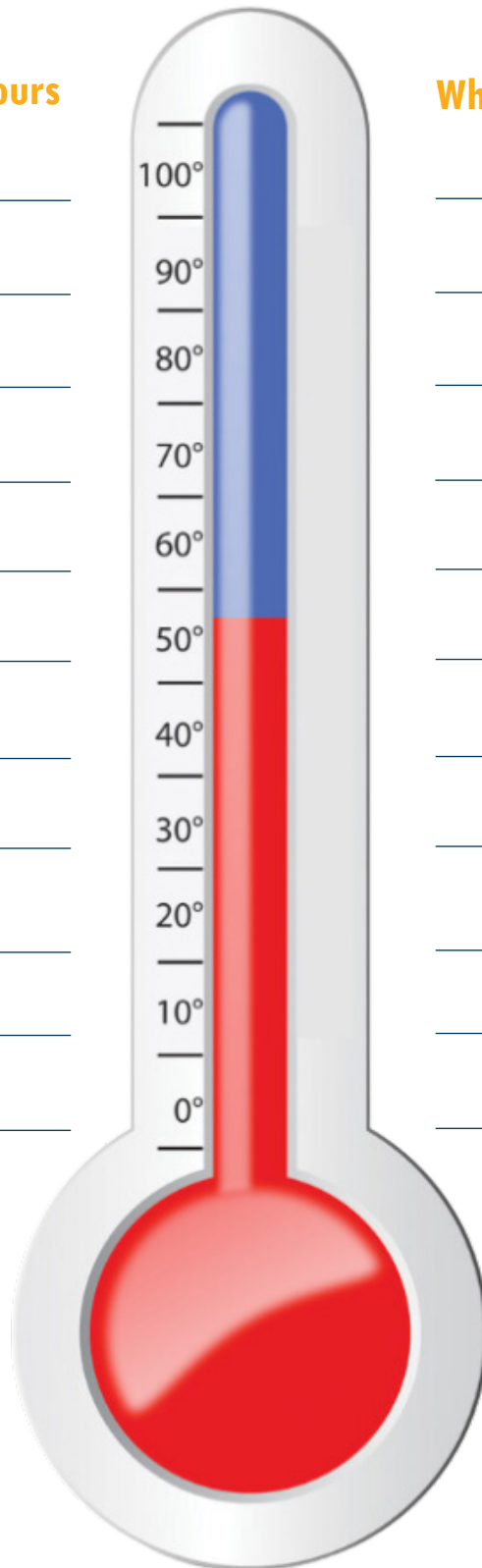


SAFETY KIT: EMOTIONAL THERMOMETER

My unsafe feelings/behaviours



What I can do to cope

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.

Further copies of this blank emotional thermometer are available to print, fill in and personalise at:
[www.carolynspring.com/
blank-thermometer](http://www.carolynspring.com/blank-thermometer)

