

# Emotional Thermometer

The Emotional Thermometer is a useful tool to help you identify and better understand your emotions. Here's how you can use it effectively:

1. Use the thermometer-like scale on below. The bottom of the scale represents the highest level of emotional well-being, and the top represents the highest level of emotional distress.
2. Reflect on your current emotional state and identify where you feel you are on the scale. This could be based on a specific situation or your general emotional state.
3. Write down the thoughts, beliefs, or triggers associated with your current emotional state. These may include any negative or distressing thoughts that are contributing to your emotional experience.
4. Once you have identified these thoughts or triggers, challenge them by questioning their accuracy or rationality. Consider alternative perspectives or evidence that may contradict these negative thoughts.
5. Use coping techniques or strategies that have been shown to be effective in managing emotions.

Some examples include deep breathing exercises, progressive muscle relaxation, engaging in physical activity, seeking support from friends or loved ones, practicing mindfulness or meditation, or engaging in activities that bring you joy.

