SELFGROWTH.ORG

My Feelings Thermometer

Rate a feeling from 0 (none of it) to 10 (the most you can imagine), then write what each level is like for you and what helps. If a feeling is too big to handle alone, please reach out to someone you trust or a helpline.

MY FEELINGS THERMOMETER

0 is none of the feeling and 10 is the most you can imagine. Write what each level is like for you beside it, or use the table below.

01 Pick a feeling and rate it

Choose one feeling. If you aren't sure what to call it, the feelings wheel can help you find a word.

The feeling I'm measuring (for example worry, sadness, stress, irritation, excitement):

What's going on right now:

My number right now, from 0 (none) to 10 (the most I can imagine):

02 Build my thermometer

Fill in what each stretch of the scale is like for you. Think about your body (a tight chest, a hot face, heavy legs), your thoughts, and what you do (go quiet, snap, pace, scroll). Then write what helps at that level.

Level 0-2, 3-4, 5-6, 7-8, 9-10	What it's like for me Body, thoughts, what I do	What helps at this level

The number where it gets hard for me to think clearly or choose what I do:

03 What moves my number

Think about the last few times this feeling went up or came down. What was going on?

What turns it up

People, places, thoughts, tiredness, hunger

What turns it down

Anything that has helped, even a little

04 Try something and check again

Pick one thing from the list or add your own. Do it for a few minutes, then rate the feeling again. It may not move, and that is useful to know too.

Things I could try:

- [ ] Slow breathing, with a longer breath out
- [ ] Naming the feeling out loud or on paper
- [ ] Stepping outside, or moving my body for a few minutes
- [ ] A glass of water or something to eat
- [ ] Talking to someone I trust
- [ ] Asking for some space, and saying when I'll be back
- [ ] Doing one small, easy thing from my to-do list

What I tried, and my number before and after:

05 A week of readings

Check in once or twice a day for a week. A line or two is plenty. You're looking for patterns, not for a perfect score.

Day and time	Number 0 to 10	What was happening

When you're done, a moment to reflect

- What do I notice first when this feeling starts to climb: my body, my thoughts or what I do?
- Is there a time of day, a person or a place where my number tends to be higher?
- What number could I catch it at, so that I still have choices?
- What would I say to a friend who told me they were at a 7?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/feelings-thermometer

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at **findahelpline.com**. If you're in immediate danger, call your local emergency number.