

Emotional Thermometer

(understanding emotions and their intensity)

Intensity of the Emotion

We have the capacity to experience the same emotion very differently. Consider anger; a person can feel mildly irritated, angry, or enraged. Each emotion has different levels of intensity.

Consider:

- What emotion am I feeling?
- On a scale of 1-10, how intensely am I feeling the emotion?

It is often helpful to consider the intensity using a 1-10 scale with a 1 being very low intensity and a 10 being very high intensity. By using a scale, a person can select the number on the scale that best describes how intensely they are feeling the emotion.

Experience of Emotion

We all experience emotions differently. Pick an emotion and consider the following questions:

- What does my body feel physically? Which parts are impacted by the emotion?
- What am I thinking? What do I believe about this emotion?
- Where in my body do I feel the emotion? What words describe how it feels?

It is also helpful for people to become aware of their experiences of different emotions at different intensities.

Practice:

Pick an emotion that causes distress:

1. On a scale of 1-10, how intensely are you feeling the emotion right now?
2. Color the image of the body to the right to indicate where you feel the emotion.

