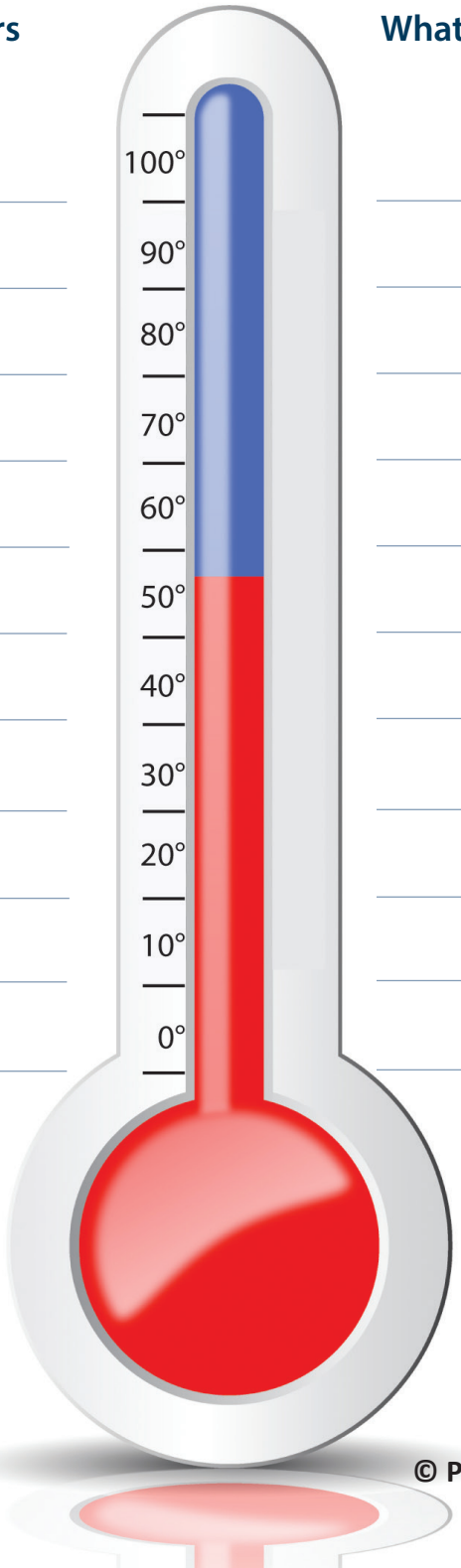
Safety Kit

EMOTIONAL THERMOMETER

Below 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.pods-online.org.uk/thermometer.

My unsafe feelings/behaviours

What I can do to cope



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