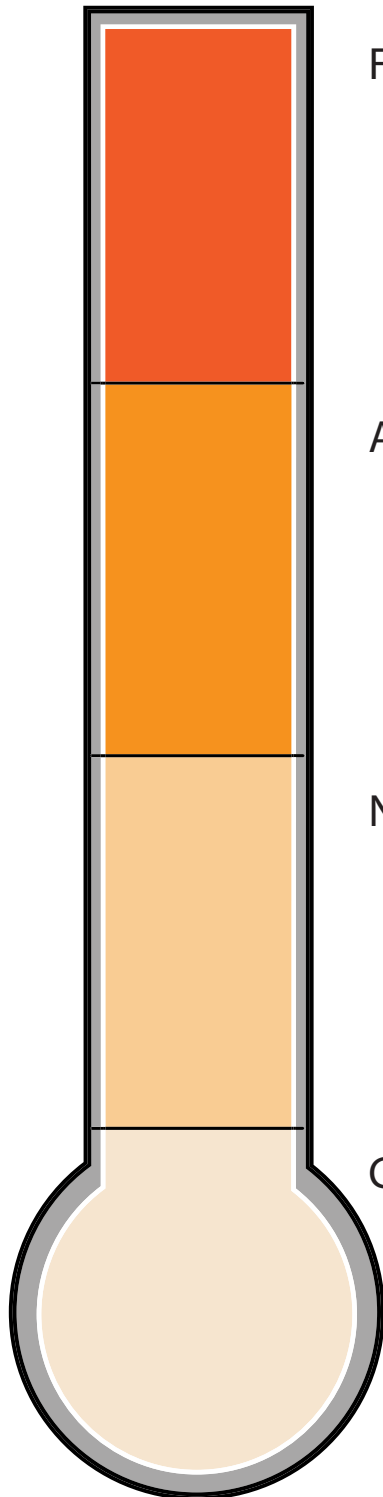


Instead of telling you the temperature, this thermometer gauges how anxious you are. At the bottom of the thermometer you feel calm. Then, the thermometer shows when you start to feel a little nervous or worried. Then, you may get anxious at the next stage. The last stage of the thermometer represents when your anxiety is out of control.

Use this thermometer to identify what makes you feel this way. Then, identify coping strategies to use at each level. You should use your coping strategies at the earliest level possible so that you do not go all the way up the thermometer into the frantic level. Specifically, you should do your coping strategies when you are nervous or anxious to avoid becoming frantic.



Write 2 things or situations that make you feel each of the emotions listed below.



Frantic

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

Anxious

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

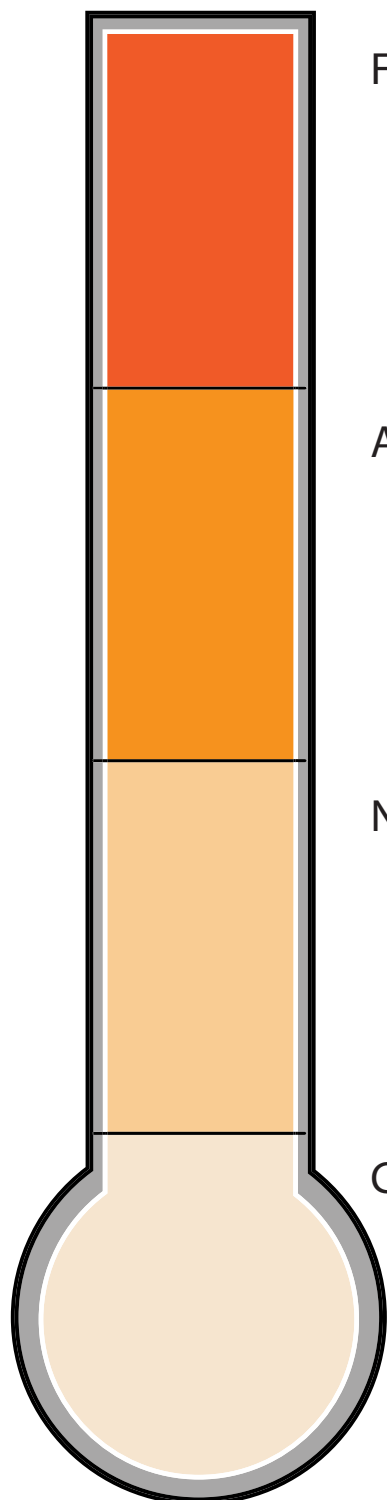
Nervous

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

Calm

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

Write down 2 things you can do to make yourself feel better (coping strategies) at each elevated level on the anxiety thermometer. Use the list of 20 coping strategies if you need ideas.



Frantic

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

Anxious

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

Nervous

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

Calm

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_