



Stress Thermometer

On the left side, record your stress feelings or symptoms, where '10' represents your max stress level and '1' represents no big deal. With an arrow, identify the 'Point of No Return', or the point at which you lose self-control and should probably take a time out and leave the scene. On the right, record the self-control or stress management technique you can engage in to reduce or cope with the stress feelings on the opposite side.

Stress Feelings/Symptoms

Self-Control Technique

The form consists of a central thermometer graphic. The thermometer has a red bulb at the bottom and a red column rising to a certain level. The left side of the thermometer is labeled 'Stress Feelings/Symptoms' and the right side is labeled 'Self-Control Technique'. There are 10 horizontal lines on each side for writing. A red arrow points to the right side of the thermometer, labeled 'Point of No Return Indicator'.