



# 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 vertical thermometer graphic. The thermometer has a red bulb at the bottom and a red column extending upwards. The thermometer is centered between two columns of horizontal lines for writing. The left column is labeled 'Stress Feelings/Symptoms' and the right column is labeled 'Self-Control Technique'. A red arrow points to the right from the bottom of the thermometer column, labeled 'Point of No Return Indicator'.