

My emotional thermometer

Recognise the signs • understand the level • choose the support



Use this when calm to map how emotions change from steady to crisis. The signs are personal: include thoughts, body sensations, behaviours, communication changes and strategies that genuinely help.

Level	Feelings / body	Thoughts	Behaviours / urges	What helps
9-10 CRISIS I may not feel able to keep myself safe.				
7-8 OVERWHELMED Thinking and choices may feel much harder.				
5-6 HIGH ACTIVATION My warning signs are becoming clearer.				
3-4 BUILDING Small changes tell me support may help.				
1-2 STEADY I feel more present, flexible or connected.				

If I reach 9-10

I will not stay alone with immediate danger. I will use my safety plan, contact someone, call NHS 111, or call 999 / go to A&E if I cannot keep myself safe.