

FEELINGS THERMOMETER SCALE

Trigger:

Imagined distress level (0-10): \_\_\_\_\_

Thoughts:

Feelings:

Behavioral response:



Tool(s) used:

Potential new response:

Eventual distress level (0-10): \_\_\_\_\_

MOM'S TOOLBOX

- ABC-B Exercise to find alternative thoughts
- Examining the Evidence
- What Would I Tell a Friend
- Deep Breathing and Progressive Muscle Relaxation
- Positive Self Statements (may refer back to favorites selected in session)
- Writing in Journal or Re-telling Story