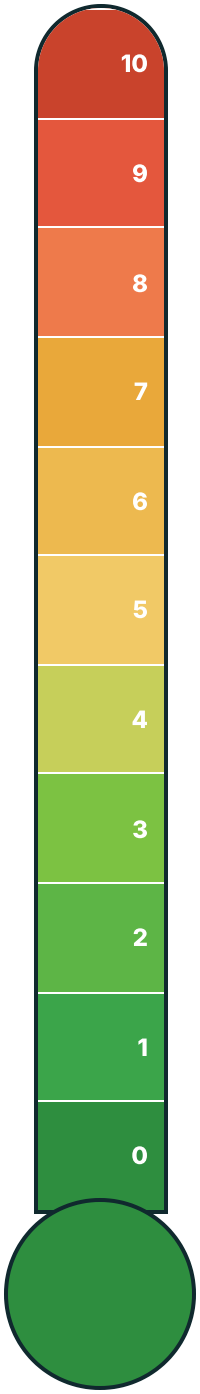
SEDE COUNSELING

FREE COPING SKILLS WORKSHEET

Feelings Thermometer

Notice how strong your feeling is right now, from 0 (calm) to 10 (overwhelmed). Plan what helps at each level.



8–10 · Red zone

My body feels:

What helps me get safe and calm:

4–7 · Yellow zone

My body feels:

What helps me before it grows:

0–3 · Green zone

My body feels:

What keeps me feeling good:

Right now my feeling is ____ / 10. The feeling is: _____

Credit: *Adapted from the Subjective Units of Distress Scale (SUDS), developed by Joseph Wolpe, MD. Worksheet adapted by Sede Counseling.*