

Scales to Express how I Feel

One way to share your feelings with those who may be able to help, and to find ways to make things better, is to use 'scales' and numbers, to 'score' your emotions.

Have a go at completing the scales below, and trying to think of ways to move up the scales. Just half a point is fine to begin with and there are bound to be 'blips' when you feel yourself going down the scale. Make sure you share your scales with those around you that you can trust and feel safe with and who might be able to help you to think of strategies and ways forward.

Have a go at completing the scale before talking to someone, then again at a later date to see how your feelings have changed.

SCALES

1.



Lots of worries

No worries

My feelings about _____

My feelings about _____ now

2.



My feelings about _____

My feelings about _____ now

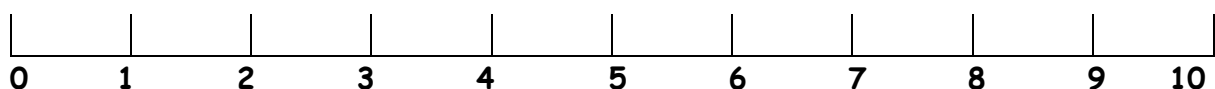
3.



My feelings about _____

My feelings about _____ now

4.



My feelings about _____

My feelings about _____ now

Write the date by each score, so you can keep an eye on how you're getting on and let people around you know how you're feeling.