

# ANXIETY THERMOMETER



5

Anxiety is out-of-control! I need support now. I am feeling MISERABLE both physically and emotionally. My thoughts are everywhere. My choices may be regretful. I am not thinking rationally. I have been emotionally hijacked.

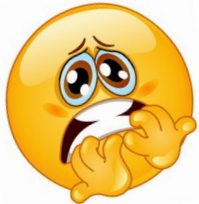
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4

Anxiety is overwhelming. I am needing to go somewhere else. I am feeling dizzy and caught up in catastrophizing thoughts. I am certain something bad is going to happen. My thoughts about myself are not kind. I need a support person to help me.

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3

Anxiety is uncomfortable. I am not sure what is going on in the lesson. I can't focus. I need to take a water break to reset. I am having some physical signs. Dry mouth, sweaty hands, feeling hot face, chest pounding, or can't catch my breath. I feel scared.

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2

Anxiety is present. I am having anxious thoughts but my body feels fine. I notice that I'm not focusing as well. I think about the lesson then my mind wanders. I will need to take some slow, deep, belly breaths. I can still manage on my own. I could use positive encouragements.

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1

Anxiety is low. I have a random thought come up but I feel calm and comfortable. My anxiety is manageable and under control. I am ready to work and move forward with the activity. I feel happy.



This document is NOT intended to replace professional help. This document should be used as a resource for someone struggling with anxiety and individuals in their support system.

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