

DESTY'S FEELINGS THERMOMETER



How Does It
Feel?

ENRAGED

When do I feel this?
What are my thoughts?
What can I do?
What can other people do?

ANGRY

When do I feel this?
What are my thoughts?
What can I do?
What can other people do?

ANNOYED

When do I feel this?
What are my thoughts?
What can I do?
What can other people do?

CALM

When do I feel this?
What are my thoughts?
What can I do?
How can others help me?

