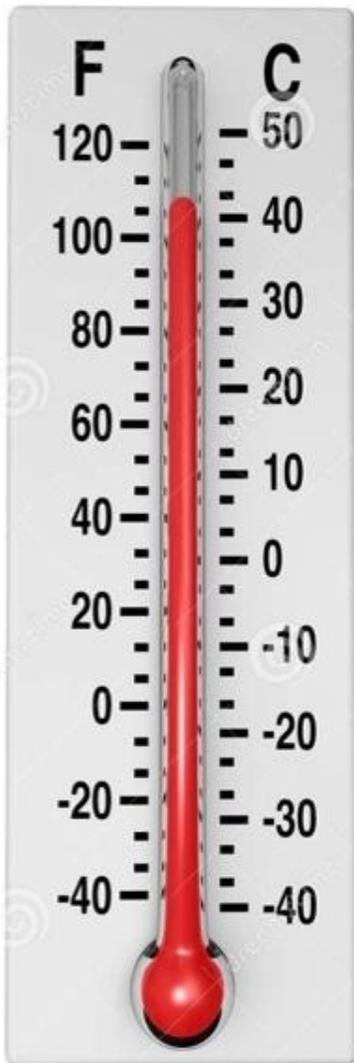


Thermometer as a Tool for Emotional Regulation

The thermometer is a guide to help you understand and regulate your emotions. When a car is overheated, the best idea is to pull over to assess what is wrong and to prevent more damage to the engine. The biggest mistake is to open the radiator cap. You will be burned.



Hot temp.= Survival Mode: fight, flight, freeze response. Emotional flooding by anger, shame, jealousy, depression, and anxiety. You tend to be over-reactive. If you do not calm or sooth yourself, your brain can go off-line, or you can say or do something hurtful. Best practice: take a time out to calm yourself. Then reach to others when you're ready to talk.

Moderate temperature= Growth Zone: Here you can learn from your emotions to do self-care and grow through hard life experience. By experiencing yourself too hot or too numb emotionally, you can develop habits that help you to regulate yourself to this zone where you feel safe and can grow.

Cold Zone= Low growth zone because instead of feeling your emotions and learning from them. You tend to ignore, deny, or numb these hard emotions. Problem with numbing is you cannot selectively numb emotion. If you numb pain or stress, you also numb joy and peace. Another unhealthy habit in this zone is using escapism (drinking, drugging, excessive gaming, or TV watching, porn, gambling) These addictive habits only give a short-term relief. Long-term addiction leads to more hard emotions.

GPS as a Tool for Emotions Guiding you to Self-Care



GPS = As clients get better at tolerating hard emotions and tuning into the needs and information these emotions bring their emotions can lead to good self-care
Examples:

Boredom is sending a message that we need excitement

Stress is sending a message that we need relaxation

Loneliness is sending a message that we need connection.