

MY INTENSITY SCALE

EXPLORING WHAT EACH LEVEL FEELS LIKE

1

WHAT AM I EXPLORING?

Choose one emotion that you’re experiencing or want to understand better.

I’m exploring...

2

FILL IN MY INTENSITY SCALE (1 – 10)

Think about this emotion on a scale from 1 (very low) to 10 (very high).
Write down what it feels like for you at each level. There are no right or wrong answers.

1

2

3

4

5

6

7

8

9

10

3

WHAT DO I NOTICE?

Looking at your scale, what patterns, triggers, or insights do you notice?