

# Emotion Thermometers 5 items+help

**Instructions:** In the first four columns, please mark the number (0-10) that best describes how much emotional upset you have been experiencing in the past week, including today. In the last column please indicate how much you need help for these concerns.

**1. Distress**

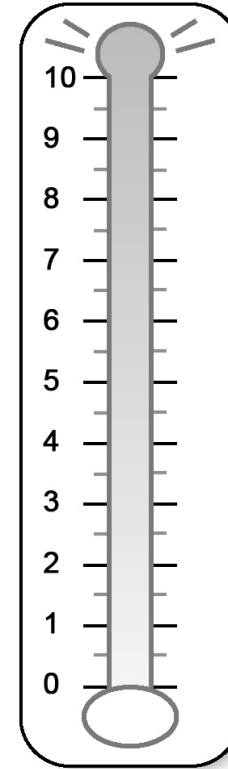
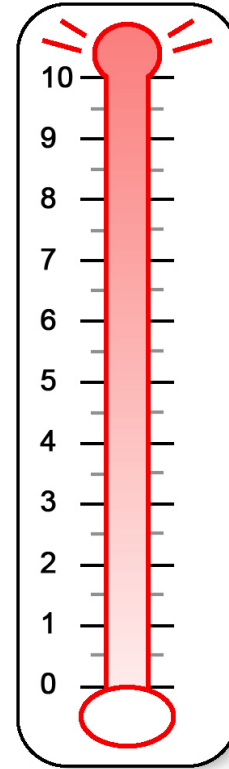
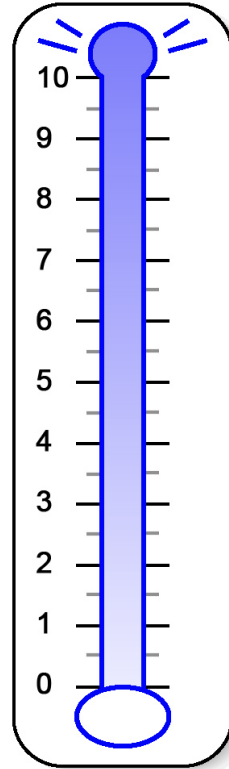
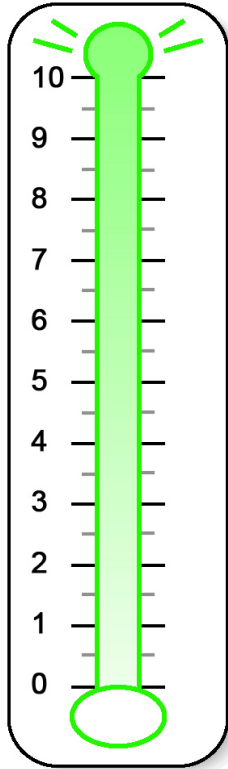
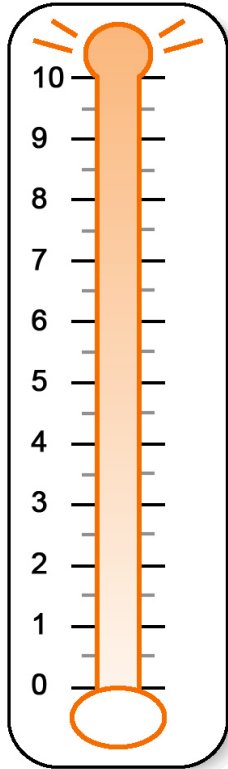
**2. Anxiety**

**3. Depression**

**4. Anger**

**5. Need Help**

Extreme



Desperately

None

Can manage  
by myself

Are you already getting help for these problems?

N/A

No

Yes

Do you want further help for these problems?

No

Yes