Tension Scale

This scale is designed to help you begin to notice how tense you are. It is your individual alarm system to warn you when your tension is building up. As you get better at noticing what is happening inside you, you will start to recognise patterns of build-up towards choosing violence and abuse – patterns that you can interrupt and divert towards respectful behaviour.

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| --- | --- | --- |
| **Feelings** | 10 | **Thoughts** |
|  | 9 |  |
|  | 8 |  |
|  | 7 |  |
|  | 6 |  |
|  | 5 |  |
|  | 4 |  |
|  | 3 |  |
|  | 2 |  |
|  | Safe  1 |  |