

Compassion Thermometer:

By Carol Coussons de Reyes

This Compassion Thermometer is designed to assist people in understanding how their emotions influence their experience of compassion, or love and respect, for the people around them. Ask a group or individuals to think about how they feel.

Identify areas on the thermometer related to anger in the red zone. Identify areas on the thermometer related panic in the orange zone. Identify areas on the thermometer related sadness in the purple zone. Identify areas related to happiness in the blue zone. Identify areas related to peace in the white zone.

When we experience emotions that are uncomfortable, we often feel distance from the peace with in us and our feelings for others. People can participate in a variety of activities to return to the white zone, or at peace with our feelings.

Many folks enjoy wellness tools like breathing deeply to relax or focus, going to a comfort room, referring to a wellness plan, talking to friends or peers, saying a word or phrase that relaxes them, writing what they are thinking, being with a favorite pet, counting, or stretching their body.

Sometimes emotions are so uncomfortable for us that we don't realize we are feeling them, even happiness can be uncomfortable for a person that isn't used to being happy. Identifying our emotions can assist us in accepting ourselves and others.

We all want to be at peace with ourselves and others; and moving from this place can result in being less peaceful and compassionate with other people. Using wellness tools can assist us in returning to a place of compassion.



Angry (Red):
Frustrated, Enraged

Panic (Orange):
Confused,
Surprised, Anxious,
Hysterical,
Suspicious,
Frightened,
Cautious, Jealous

Sad (Purple):
Exhausted,
Lonely, Guilty,
Embarrassed,
Disgusted,
Ashamed,
Overwhelmed,
Bored, Shy



Happy (Blue): Confident, Hopeful, Love, Ecstatic

Peace (White): Compassionate with Self and Others

