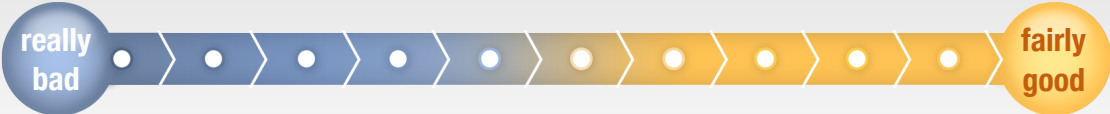


# Your Emotional Temperature

As we begin our class, please take stock of your emotional state right now.

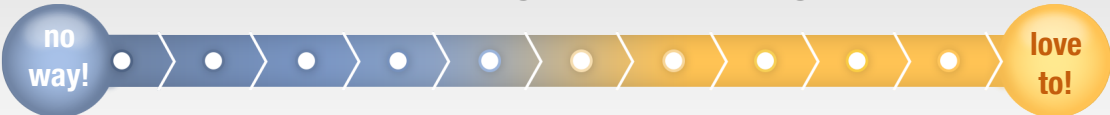
Take a deep breath and focus for a moment on where you are and how you are feeling — and then simply fill in a dot on each of the scales below.

Where is your grief right now?




A horizontal scale with 12 dots. The left end is a blue circle labeled "really bad". The right end is an orange circle labeled "fairly good". The scale is divided into two halves by a vertical line. The left half is blue and the right half is orange. The dots are arranged in a line with small white arrows pointing to the right between them.

How are you feeling about sharing today?



A horizontal scale with 12 dots. The left end is a blue circle labeled "no way!". The right end is an orange circle labeled "love to!". The scale is divided into two halves by a vertical line. The left half is blue and the right half is orange. The dots are arranged in a line with small white arrows pointing to the right between them.

Are you in a comfortable, quiet place right now?



A horizontal scale with 12 dots. The left end is a blue circle labeled "no". The right end is an orange circle labeled "yes". The scale is divided into two halves by a vertical line. The left half is blue and the right half is orange. The dots are arranged in a line with small white arrows pointing to the right between them.

Thank you for coming.

