

The “You” Mental Health Scale

What thoughts, emotions, or body sensations might arise at different levels of your mental health?

Consider “0” as being completely neutral (though this is rare), +10 as the best possible feeling (though this could indicate mania) and -10 being the worst possible feeling (potentially trying to commit suicide).

Note what you might consider your “crisis numbers”- when you would want to call someone for help, go to the hospital, etc. You can use this scale to communicate with yourself and others- “Right now, I’m at a ...”

	<i>Thoughts</i>	<i>Emotions</i>	<i>Body Sensations</i>
+10			
+9			
+8			
+7			
+6			
+5			
+4			
+3			
+2			
+1			
0			
-1			
-2			
-3			
-4			
-5			
-6			
-7			
-8			
-9			
-10			

Considering the thoughts, emotions and body sensations of the previous page, what behaviors might they influence for each section? Given what behaviors you gravitate toward, what adaptive coping skills or strategies might you find helpful moving forward?

	<i>Behaviors</i>	<i>Adaptive Coping Skills</i>
+10		
+9		
+8		
+7		
+6		
+5		
+4		
+3		
+2		
+1		
0		
-1		
-2		
-3		
-4		
-5		
-6		
-7		
-8		
-9		
-10		