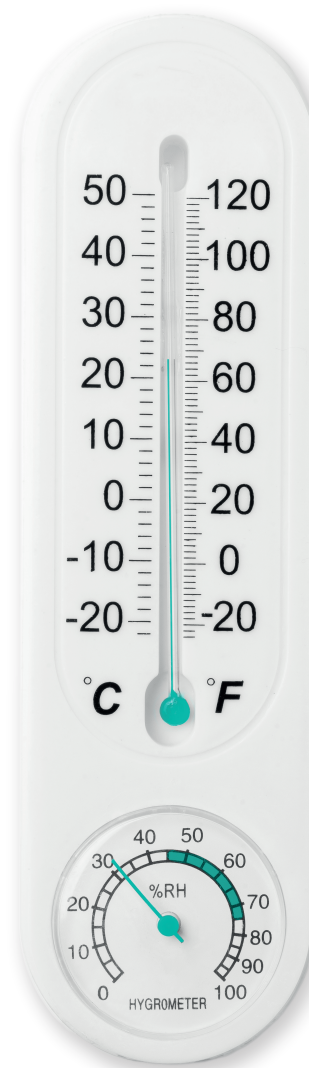


YOUR THERMOMETER

To help you identify where you stand emotionally



**The thermometer helps prevent escalation,
but violence is not limited to explosive moments.**

Control can manifest in everyday life through repeated actions that limit the other person's freedom and create a climate of fear. Even when they seem minor in isolation, these behaviours can accumulate and result in coercive control.



Critical Zone

I am at risk of exploding

What I might notice

- My voice rises.
- My heart beats faster.
- I keep repeating the same thoughts.
- I feel the urge to react immediately.
- I can no longer listen to the other person.
- I become intimidating and intensify my controlling behaviours.

My strategies to calm down

- Temporarily stop the discussion.
- Go to a quiet place.
- Talk to a trusted person.
- Choose a time to resume the discussion while respecting the other person's wishes.

Imbalance

I feel the tension rising

What I might notice

- My jaw or shoulders tighten.
- I become impatient or irritable.
- My thoughts start to loop.
- I have more difficulty listening.
- I try to convince or be right at all costs.
- I try to influence, pressure, or regain control.

My strategies to calm down

- Say: "I need a break to calm down."
- Take 10 slow breaths, exhaling longer than inhaling.
- Reduce noise, screens, or stimulation.
- Clearly and calmly name my needs.

Well-being

I maintain my balance

After calming down, ask yourself

What triggered my anger?
 What can I do to return to a state of well-being?
 Was I able to stop in time?

Break the cycle, not everything else.

What will your next choice be?
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