



Tension Scale

This scale is designed to help you notice how tense you are.

Tension is linked to feelings of stress and irritation and can make it harder to resist behaving abusively. It is your individual alarm system to warn you when your tension is building up. Take a moment each day to notice and record tension.

When you feel tension, stress or anger note below your feeling and actions at the time.
Eg: Tight chest, shoulders, burning up, fidgety, triggered, negative hurtful thoughts.

Next, think about what number out of ten you might be on the below tension scale.

As you get better at noticing what is happening inside you, you will start to recognize patterns which lead you toward the kind of relationship you prefer and keeping your partner safe.

Your feelings and actions

Scale Rating

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